

Food Science for the Win

Grilled Stovetop Pizza Resource Guide



The kitchen is an ideal lab for experimenting and being curious while embracing your inner scientist. Explore the science of grilled pizza prepared on a stovetop.

Basic Concepts and Terms

- **Grilling:** A form of cooking using dry heat that is applied to the surface of food. Food is often exposed to the heat source through parallel bars, for example, a grill.
- **Pizza dough:** A firm mixture of flour, water, salt, and yeast with minimal rise time.

Basic Equipment

- **Grill or grill pan:** Any kind of grill will do! If you don't have a grill, try a grill pan that can tolerate high heats (450° F or higher), like one made of cast iron.
- **Rolling pin:** A rolling pin or even a pint glass will help you form your pizza dough into manageable shapes and sizes with even thickness. You can also form the dough by hand.
- **Spatula or tongs:** You'll need a metal or high heat resistant utensil like a spatula or pair of tongs to flip the pizza dough and remove it from the grill.

Basic Techniques

- **Grilling** pizza has the best result if you lightly grill both sides of your pizza dough first on high, direct heat. Then remove the dough from the grill, add toppings, and return to the grill with lower heat to finish cooking.
- **Storing** homemade pizza dough formed into balls can be placed in the fridge for up to three days, or in the freezer for longer. Be sure to allow the dough to warm up to room temperature before grilling.

Suggested Resources

- **How to Make the Best Basic Pizza Dough ([link](#)) from The Kitchn by Emma Christensen:** A simple recipe to get you started on experimenting with grilled or baked pizzas.
- **How to Grill Pizza ([link](#)) from Simply Recipes by Elise Bauer:** Step-by-step instructions for using your grill to make homemade pizza.