



MAKING THE DOUGH

TIME: 5 HOURS & UP TO 24 HOURS*

YIELD: 6 PIZZA DOUGH BALLS

*Total prep time depends on whether you warm or cold proof your pizza dough (The slower the rise, the better the taste. Many people believe allowing dough to ferment and rise in the refrigerator for 24 hours is ideal, giving better flavor and texture. However, a shorter, warm proof makes for delicious crust too)

INGREDIENTS

1 bag "00" Italian Unbleached Flour (1000 grams) 2 ½ cups Water Yeast – 1 package 5 teaspoons Sea Salt

DIRECTIONS

1. Pour water into large bowl and sprinkle yeast into bowl stirring to "melt" it into the water until the color has become darker and the yeast grains are dissolved.
2. Stir salt into yeasty water until evenly distributed.
3. Add half the bag of flour and gently mix the liquid and flour together with a wooden spoon to achieve a "muddy" consistency.
4. Gradually add the remaining flour until roughly mixed and combined.
5. Sprinkle kneading surface with flour and place roughly mixed dough in center so you can kneed and fully combine it.
6. Knead dough with knuckles, gently folding, kneading, flipping, etc. If dough is too sticky, sprinkle a bit of flour.
7. Continue until all dough is fully incorporated but do not over-mix or dough will be tough. (About 2 – 2 1/2 minutes)
8. Take the roughly mixed, loose ball and place into the bowl you mixed the flour in.
9. Cover with a damp towel and let it rest about 20 minutes.
10. Remove rested dough from bowl for a final kneed (you will see it is smoother and shinier after resting).
11. Fold it into itself, bringing the sides of the dough to the middle and gently pushing them in. Turn the ball 90° and do the same.
12. Repeat this process a few times reforming into a ball to portion for its final proofing.**
13. Cut ball into 6 – 250 gram pieces.
14. Take each smaller piece and fold it into itself, pulling the sides underneath, turning as you do to form a tight ball by pinching bottom.
15. Repeat 6 times
16. Place balls in bowls lightly dusted with flour, cover with cling film sprayed with nonstick.

**For a final cold proof, let dough rest at room temperature for 60-90 minutes then place in fridge for 24 hours, or up to 3 days.

When cold proofing, take dough out 2 hours before cooking to come to room temperature.

If you want to use dough the same day, do a final warm proof, letting it rise for 4-6 hours on counter. It should almost double in size.

HIGHLIGHTS

See Page 2 for detailed visual instructions that correspond to above written directions





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