

**PIZZA DOUGH – by bowl and full hand or mixer and hand –
MIXER AT THE END**

TO BUY

(if you don't have a largeish metal bowl...get a four quart sized bowl - get one of those it's the best for rising dough)

x

CORNMEAL

VERY STRONG WHITE BREAD FLOUR

WHOLE WHEAT BREAD FLOUR

MALDON SALT

SUGAR

ACTIVE YEAST

2-3 PINTS SMALL TOMATOES – POMODORINO, cherry red and yellow heirlooms, but small tomatoes

Water mozzarella

Grated Mozzarella

BASIL - fresh

2lbs flour - 32 oz

I do combo :

10 oz **cornmeal** – polenta fine one

14 oz **very strong white bread flour** – usually Canadian / or Semolinla Four is fine

4 or 5 oz **very strong whole meal bread flour** – “

IN A PYREX 4 CUP PITCHER

650 ml – 680 ml very warm – body temp water not HOT - I put on kettle and add hot water into the room temp filtered water (I put about 450 500ml of room temp) then add the hot water and adjust. 700 ml makes it pretty wet – you can just add the white flour and cornmeal to get it less sticky

$\frac{3}{4}$ ounce of **dry active yeast**

1 oz. **sugar**

whisk sugar in water

then whisk yeast in JUST BATHWATER WARM...MEANING YOU CAN PUT YOUR FINGER IN TO CHECK THE HEAT IF IT'S TOO HOT IT DOESN'T RISE RIGHT....

Leave to sit **about 12-15 min as the yeast** and suger activate - SET A TIMER!!!!

DURING THIS

Take the flours/cornmeal etc.

Add 1 oz Salt – I used **Maldon salt** and crush it in a mortar and pestle

Whisk flours combination and salt

Set aside 2 oz of **extra virgin Olive Oil**

ONCE READY – IF IN A BOWL

POUR THE YEAST MIXTURE- Stirring it slowly, stirring constantly INTO THE LARGE BOWL WITH THE FLOUR AND SALT

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MIX IN BY HAND AND ADD THE OIL IF IT IS TOO STICKY AS YOU WORK IT JUST TOSS IN MORE WHITE FLOUR AND CORNMEAL TILL IT MAKES A NICE BUT STILL SOFT !! BALL OF DOUGH

DUST YOUR COUNTER WITH FLOUR AND PUT THE BALL OF DOUGH ON THE BOARD AND KNEAD FOR ABOUT **15- 20 MINUTES**

WHEN YOU REACH THIS YOU CAN FEEL THE DOUGH GETTING TO A NICE TEXTURE

OIL THE METAL BOWL - NOW GO TO THE NEXT PAGE – page 3 - WHERE YOU SEE THIS NOTE!~!!

IF YOU HAVE A MIXER

1. Yeast SUGAR Water

When the Yeast water is ready pour it into the mixer bowl - or your regular metal bowl - a large one several liters

start the mixer

2. The oil

Put the oil in the mixer with yeast water on very slow

3. The flour

Now as by large spoonfuls the flour mixture

Keep on 2nd slowest as flour is added keep until all is in you may stop to scrape the hook

Go for about 10 minutes then turn up mixer to medium

If the dough is a bit wet add more of the flours when it starts to make a ball and not super sticky

Turn it out onto a well dusted flat counter or work table

Knead by hand for at least four to five minutes

- COAT METAL BOWL WITH OIL

Then put back into the metal bowl AND Pour more oil over dough ball

- COVER WITH SARAN – CLING FILM ON TOP

- PUT A DISH TOWEL OVER THE TOP OF THE CLING FILM

- IF IT'S COLD I PUT THE METAL BOWL IN THE SINK WITH A COUPLE OF INCHES OF VERY WARM WATER AND LET IT SIT IN THAT FOR 45 MINUTES

-Dough expands punch down let it sit again covered in a new warm water sit

You can do this 3 or four times.

do your tomatoes while dough is rising

WE'LL DO A QUICK ON THE TOMATOES WHILE THE YEAST IS RISING...

IF BY HAND ADD OIL TO THE WATER THEN POUR ALL THE LIQUID INTO THE BOWL AND MIX BY HAND.

IF IT IS A BIT WET ADD MORE OF THE VARIOUS FLOURS

I LEAVE THEM OUT FOR THIS PROCESS AND TO DUST THE BOARD WHEN KNEADING AND

**A. FOR THE COOKIE SHEET OR PIE PAN TO DUST WITH THE
POLENTA**

**By Hand it is about 20 minutes of kneading, you'll know by feel when you're done
and can put the dough into the bowl**

It will make a nice ball in your hands.

**I PUT MY DOUGH INTO BAGUETT SHAPED ROLLS ABOUT ENOUGH FOR
2-3 PIZZAS AND COVER WITH OLIVE OIL AND CLING FILM THEN PUT IN
FRIDGES IN ABOUT FOUR ZIP PACKETS**

**SO YOU'LL HAVE ABOUT FOUR PACKETS WITH TWO ROLLS OF OILED
AND CLING FILMED PIZZA DOUGHS.**

KEEP IN FRIDGE FOR TWO DAYS

**THEN PUT WHAT YOU'RE NOT USING IN THE FREEZER. THE EXTRA
SITTING LETS IT PROOF MORE AND GIVES MORE SPRING AND FLAVOR**

**OR YOU CAN POP IT ALL IN THE FREEZER AFTER OILED AND CLINGED
AND IN ZIP BAGS OR MAKE A LOT OF PIZZAS!!!**

SEE OTHER PAGE ATTACHED FOR MORE INFO

XOXOXOXOXOXOXO