

# PIZZA DOUGH



PREPARATION: 2H



COOK: 1 TO 12 MIN



QUANTITY: 3



FOOD: PIZZA

## INGREDIENTS

4 and 7/8 Cups of 00 Flour

1,5 Cups of Water

4 tsp Salt

2 and 1/4 tbsp of fresh or instant yeast

## PREPARATION

1.- Whisk the 4 tsp salt and 2 and 1/4 tbsp yeast into lukewarm water. Be very careful with the water temperature, as if it is too hot it will not activate the yeast. Let it rest for 10 minutes or until you see the foam. If using instant yeast, you don't have to wait.

2.- On a large bowl (if using a mixer), place the 4 and 7/8 cups of 00 flour, turn the machine to a low speed and add the yeast mix gradually. When combined, mix from 5 to 8 minutes more, or until the dough is firm. Cover the dough with plastic wrap, cover with a towel and let it rise in a warm place for 1 to 2 hours.

3.- After the dough doubled in size, divide it into 2 to 4 pieces, (you decide if you want your pizzas to be 12 or 16 inches wide). Place each ball of dough in a separate container, cover with plastic wrap, a towel and let it rest for 20 to 30 minutes, or until doubled in size.

4.- When ready, spread a little flour into the surface you'll use to give this pizza shape, and press with your fingers the inside of the ball, to the outside, never touching the borders that should stay bigger than the center circle. Never use a roller for this kind of pizzas, since they will make the little air bubbles inside the pizza explode.

5.- Now you can throw it in the air, or keep on giving the pizza its traditional round shape by hand on your kitchen work table.

6.- Spread a little flour over the pizza peel, shake it a little bit to make sure the dough does not stick to the peel, add the sauce, all your ingredients and cheese.

7.- How much it will stay in the oven depends on the one you are using. In a coal or wood oven, at 700+ degrees F, you throw it inside it, and with the peel you have to turn it every 30 seconds until it is cooked all around (depending on the oven you will adjust the time and turns of the dough, it goes from 1 to 2 minutes). If you are using a kitchen oven, gas or electric, preheat at 450 degrees F, and instead of the pizza peel you will use a tray previously spread with bread crumbs. Cook from 8 to 12 minutes and voilà!