

PIZZA FRIDAY

→ measuring → mixing → stretch and fold a couple of times during bulk fermentation time → dividing and shaping → proofing → stretching → topping → baking → dressing → serving → eating

Dough recipe

Ingredient	One Ball	Baker's percentage
Bread Flour	140g	100%
Water (90-95f/32-35c)	90g	64%
Salt	2g	1.4%
Olive oil	7g	5%
Yeast	1g	0.7%
Total	240g	

Making the dough

1. Stir salt into the water until it has dissolved completely. Add yeast to the water and let it hydrate for minute before stirring until it has dissolved as well. Add the oil, then flour to the bowl. Mix until you can't see dry bits in the dough. Target dough temperature is 80f/27c.
 2. Let the dough rest covered for 10-15 minutes.
 3. Stretch and folds. Perform first stretch and fold, rest covered for another 15 minutes and then perform a second stretch and fold. Alternatively, transfer the dough to a lightly floured work area, and knead for 2-3 minutes.
 4. Rest covered for 15-20 minutes.
 5. Lightly flour a work surface and transfer the dough onto it. Divide the dough into equal pieces and shape each into a ball. Transfer each ball to an oiled bowl or a tray covered with semolina. Cover.
 6. Proof covered at room temperature until doubled in size (between 2-4 hours, depending on the room temperature). Alternatively, you can proof the dough balls for 8 to 24 hours in the fridge. If you refrigerate the dough, remove it 30 to 45 minutes before you begin to shape it for pizza.)
- * *This dough will last in the refrigerator for up to a week.*

“ Protein content and gluten qualities are the biggest factors determining how the flour will behave in the pizza dough.

So the rule of thumb: pick a flour that has high protein content.

“ Think of time and temperature as ingredients and keep in mind that they have a reciprocal relationship.

Your oven should be as hot as you can get it. This means temperature setting as high as it goes, fan-forced setting on, with a pizza stone or baking steel if you can get one. **Turn the oven on at least one hour before you cook your first pizza.**

Turning dough into pizza

1. Get your pizza tray/peel/baking paper ready on a clean bench. Dust peel with flour and flour your hands.
2. Grab a dough ball and gently stretch it between your fingers.
3. Once it is large enough, lay it over the back of your knuckles. Keep your fingers pointed down away from it.
4. Starting from a level plane, circle the dough on the back of your hands, gradually tilting it to let gravity stretch it for you. If it gets away from you, come back to level.
5. The aim is a dough evenly shaped and wide enough for your tray/peel/stone.
6. Once it is large enough or you are worried about tearing holes in it, lay it down.
7. Neaten out any creases and prepare to add toppings.

“To get the kind of texture you’re looking for in a pizza crust, it helps to balance the heat of your oven with the water in your dough.

Topping

1. Check you have all your toppings. Once you add sauce, you want that pizza in the oven as soon as possible, before the pizza base gets wet.
2. Add 2-3 tablespoons of your base and use the back of the spoon to spread it evenly, leaving a rim of dough to rise as your crust.
3. Sprinkle a fine dry cheese evenly over the base (Parmigiano-Reggiano, Pecorino, etc).
4. Add any other toppings, including wet cheese like mozzarella.

Transfer to the oven and set a timer. Ideally you can cook a pizza at home in under 8 minutes. The oven is warmest at the back. **So turn the pizza around halfway to even out the colour and texture.**

Dressing

1. Remove from oven and from tray/baking paper to a heat-proof surface like a chopping board.
2. Drizzle some fresh extra virgin olive oil on top.
3. Sprinkle a little fine dry cheese.
4. Sprinkle some salt flakes (like Maldon).
5. Add any other toppings, like herbs, or cured meats.
6. Wait for the cheese to set before slicing.

Slice, serve, and enjoy!