

PIZZA DOUGH #001

OK... I have had decent luck with pizza dough. My standard dough recipe (See Pizza Dough #000) tastes pretty good, but forming it has always been a chore. I never seem to get that type of dough that can be spread by either the knuckle or tossing techniques. Pizza Dough #000 passes the window test, but I never seem to get that flexibility. Recently I came to the realization that maybe it is due to my dough hydration levels. My dough was based off a lower cook temperature recipe which I believe has a lower water content. So lets figure this out

Update 20200530 (Saturday):

Well, after doing a little poking around, it turns out that my recipe hydration is actually on the high end. Most of the hydration levels were at 60% to 70% while my #000 recipe is at 75%. There were a couple at 75% and one more that reached as high as 85%, but for the most part, 65% looked like the average. Forkish's **Flour Water Salt Yeast** has a section on hydration and he actually recommends 70% - 75%, so what to do? I guess we'll find out

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2 1/2	Cups	Bread Flour (300g)
7	g	White Sugar
2	TBSP	Brown Sugar (Packed)
1	TSP	Morton's Kosher Salt (5g)
1	7g Packet	Active Dry Yeast
2	TBSP	MASA (15g)
1	Cup	Distilled Water (237g)
3 +	TBSP	Extra Virgin Olive Oil

Bread flour is typically easy enough to get, but AP flour will do in a pinch. The texture may be a bit different, but should still be quite tasty

Why Morton's? Well, because that is what I use. Weights of salts per TSP will vary between types and brands, so if you need or want to use something else, make sure you compensate

The yeast... Honestly? I am not really sure about the differences between active dry and instant yeast. I have a done a little research, but not enough to explain

Distilled water? Yes, I want to remove water variables for now

SPECIAL TOOLS

- Food Processor
- Stand mixer with dough hook
- Pizza mat [iv]

PREPARATION

PROOF THE YEAST

- 1) Heat 1 cup of the distilled water to 100 – 110 deg. F [i]
- 2) Weigh out 130g of water into a second measuring cup
- 3) Add 7g of white sugar to the water and whisk until dissolved
- 4) Add the packet of yeast and whisk until mixed
- 5) Cover the measuring cup with a small saucer and let stand long enough for yeast to activate

DRY (MOSTLY) INGREDIENTS

- 1) Mix all the dry ingredients in a food processor for 2 minutes
- 2) Rearrange dry ingredients in the food processor bowl with a wood spoon
- 3) Mix the dry ingredients again for 2 minutes
- 4) Add the olive oil to the dry ingredients
- 5) Mix the dry ingredients and olive oil for 1 minute
- 6) Rearrange the ingredients in the food processor bowl with a wood spoon
- 7) Mix the ingredients again for 1 minute
- 8) Install the dough hook into the stand mixer
- 9) Move the ingredients in the food processor bowl to the stand mixer bowl
- 10) Set stand mixer to “knead” and slowly pour in the yeast proof
- 11) Use the remaining water to rinse out the yeast proof into the stand mixer bowl
- 12) Mix until dough is incorporated and clears the bowl
- 13) Perform the window test [ii]. If it does not pass, take the temperature of the dough with an instant read thermometer. If it is below 105 deg. F, knead for another 5 minutes. If not, let it cool to below 105 deg. F, then mix for 5 minutes
- 14) Repeat the window test, temperature check, and mixing until the dough passes the window test
- 15) Coat a glass bowl with olive oil and add the dough
- 16) Loosely cover the bowl with plastic wrap and let rise for at least 1 hour or until it doubles in size
- 17) Want a bit more flavor? Let the dough “cold ferment” in the fridge over night
- 18) After the dough has risen, spread to somewhere around 14 inches give or take depending on how thick or thin you like your crust [iii]
- 19) Sprinkle both sides of the dough with Kosher salt
- 20) Cook as per your pizza recipe
- 21) ENJOY!

NOTES

- i. Microwave works pretty well for this. About 30 seconds, give or take, on HIGH should do it. Let the water cool if it gets too hot
- ii. Basically take a small amount of dough and stretch it out with your fingers until you can see light through it. If the dough does not tear, the window test has passed!
- iii. If you like a thinner crust, split the dough into two portions. The second portion can be stored in the fridge or freezer. I have used frozen dough and it was spectacular!
- iv. Not 100% necessary, but makes things much easier

PICTURES
