
KITCHEN CONNAISSEUR

Traditional Pizza Dough



Working with yeast can be intimidating as the process requires several steps - but keep in mind that usually yeast products don't rise because the water and rising temperature are too high and the yeast is killed. Make sure the water is luke warm- much like a baby's bottle (85-100°F) and that the rising temperature is no warmer than 110°F.

Makes enough dough for one 12" pizza.

ingredients

2/3 Cup	Bread flour - if not available, use all purpose flour
1 Tsp	Salt
1 Tsp	Active dry yeast
1 Tsp	Sugar - white
3/4 Cup	Warm water - 110 °F
1 Tbsp	Roasted Garlic Olive Oil

instructions

1. In a medium sized bowl, sift the flour and salt together.
2. In a small bowl, combine the yeast, sugar and ¼ cup of water. Leave until the yeast becomes frothy – approximately 5 minutes. Add the remaining water and oil to the yeast mixture. Add the complete mixture to the flour and salt. Using your hands mix to a soft sponge texture. Turn the dough onto a floured surface and knead for 10 minutes or until the dough is smooth. Place the dough in a greased bowl and cover it with a towel or plastic wrap. Let it rise in a warm place for 45 minutes or until it is doubled in size.
3. Punch down the dough and knead it briefly. Oil a 12" pizza pan. Place the dough in the centre of the pan and press it out to the edges with your fingers and knuckles. Pinch the edges to make a rim. Use according to the instructions in our pizza recipes.

Culinary Tip - Working Pizza Dough

Let the prepared dough stand at room temperature until pliable (approximately 20 minutes).

Press the dough gently to flatten and then stretch it with your fists from underneath. If the dough sticks dust the work surface with flour.

Work fists in a circular motion until you achieve the desired size and thinness. You can use a rolling pin, but you will find it flattens out the air bubbles and makes the edges of the crust hard and tough.

Sprinkle cornmeal liberally over the surface on which you prepare pizze. The back of a cookie sheet or a wooden pizza peel work best. Place dough on prepared surface and stretch edges once more.

Drizzle oil over dough. Brush to cover entire surface. Cover and let rise for approximately 30 minutes.