

Pizza dough

Impasto per Pizza



Preparation: 30 mins


Cooking: 30 mins



Ingredients

Preparation

- ✓ 50gr. (1.76 oz.) all-purpose flour
- ✓ 50gr. (1.76 oz.) durum wheat flour
- ✓ 90gr. (0.36cup) of water
- ✓ A pinch of Salt (2/3 gram) (0.07/0.10 oz.)
- ✓ A tablespoon of extra virgin olive oil
- ✓ 1 gr. (0.03 oz.) of fresh yeast



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Ingredients

1. Activate the yeast by dropping it into a bowl of room temperature water. Add a tablespoon of sugar and stir.

2. Mix the all-purpose flour and durum flour in a bowl, making it into a mound. Then, make a small well in the middle of the mound and pour in the yeast water and olive oil. Stir with your index and middle fingers to form a dough. The mixture should feel moist and springy. If it feels sticky, add a tablespoon of flour.

3. Add the salt (don't add it before this point as it will kill the yeast).

4. Once the dough has formed entirely, you can start kneading it. First, sprinkle some flour on the table, then place the dough on top. Use the heel of your hand to knead - pushing it forward with your palm and folding the furthest part back towards you. Repeat this action, twisting it clockwise. After knead-

Preparation

ding for about 5 minutes, the dough should be soft and silky.

5. You now need to leave the kneaded dough to rest. Oil the bottom of a bowl, place the dough inside, and cover the bowl with cling wrap or a damp cloth. Leave the dough for 48 hours (24 will also do). During this time, the dough should double in size and smell like yeast.

6. Oil a baking tray, place the dough in the middle, and gently use your fingertips to push it outwards until it gets flat and thin, covering the base of the tray.

7. Now, add your toppings. (if you want to use tomato sauce, it's best to spread it on the pizza and pre-bake it for 6 minutes first).

8. The cooking time depends on your oven: for a home oven, set it to the highest temperature and bake until the edges are crispy and the bottom is dark brown.