

## PIZZA DOUGH #002

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20220206 (Sunday):

Well... pizza again. It has been quite a while since I tried this. Mid-Jull 2020 is if my notes are correct, but I did not do a thorough search of all my notes between then and now. I am pretty sure pizza was one of the first things that got me going off the deep end in the whole food experimentation journey.

So, what is different this time? I tried at least two different things; autolyse (I think I spelled that correctly) and 75% hydration. Well, actually maybe 3; this was a low knead, if not no knead, recipe. Maybe 4... I bumped cook temperature up to 550 deg. F (the highest my oven goes) I turned out pretty fricken good. I am going to write this one a little differently. Sometimes, I'll write these with updates I KNOW will work well. This time I am going to write this up EXACTLY how I made it. In closing thoughts I am going to say the changes I am going to do for next time. Not TOO many this time I think, but there are a couple of things I meant to do, but forgot [again]. As it stands, still pretty good!

### INGREDIENTS

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#### THE DRY STUFF

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<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
500	g	Tip "00" Flour Extra Fine Flour
AR	-----	Semolina Flour
2	TBSP	Masa Harina
1	TSP	Morton's Kosher Salt
2	TBSP	Dark Brown Sugar

#### THE YEAST BLOOMING STUFF

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<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	7g Pack	Active Dry Yeast
7	g	White Sugar
75	g	Water

#### WET INGREDIENTS

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<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
300	g	Water
AR	-----	Light Olive Oil

Extra fine flour... I don't know a lot about this stuff, but I have been using Anna Napoletana brand. You should be able to find this in your grocery store, but if not, bread flour should work too

Semolina flour... this is used to the "ball bearings", i.e. you use it to dust work surfaces and the pizza peel. I have heard, but have not verified it, that you do not want to use regular flour for dusting because it incorporates into the dough and dries it out. I have not had much luck with finding semolina in the regular ol' grocery store, so AMAZON TO THE RESCUE!!! I got some Bob's Red Mill (I generally like their stuff), but I think I originally bought it for pasta

Masa Harina... I used Bob's Red Mill once again. Now technically this will weaken the gluten, or at least dilute it, but I think it adds a little bit of taste... maybe a bit more robust? I think you can leave it out if you can't find it or don't have it on hand

Insert standard blurb about kosher salt here

If your tap water is funky, use distilled water

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## SPECIAL TOOLS

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- Pizza Stone [i]
- Wood Pizza Peel [ii]
- Steel Pizza Peel [ii]

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## PREPARATION

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### DAY BEFORE

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### AUTOLYSE

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This has something to do with letting the gluten form, or at least giving it a head start. The bulk of the things I have read said this must only be done with water and flour. The other stuff weakens the gluten

- 1) Weigh out 300g of the "00" flour into a bowl
- 2) Weigh out 300g of water and mix it into the flour until it is reasonably well incorporated
- 3) Cover the bowl with cheese cloth and let sit for 1 hour

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### MIX THE DRY INGREDIENTS

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- 1) Weigh out 200g of the "00" flour into the bowl of a food processor
- 2) Add 1 TSP kosher salt, 2 TBSP brown sugar, and 2 TBSP MASA
- 3) Process for 1 minute
- 4) Let sit until it settles (about 1 minute) then rearrange with a spatula
- 5) Process for 1 minute
- 6) Let sit until it settles (about 1 minute)
- 7) Set aside until needed

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## BLOOM THE YEAST

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Before I get into this, I really still do not know the difference between instant yeast and active dry yeast. I think one of them you have to bloom, but the other you don't. I think it makes sense to do it in either case because it lets you know if your yeast is good or not. Why go through the whole process of making dough when you can test it in a few minutes?

- 1) About 15 minutes out from the autolyse being done, get started on blooming the yeast
- 2) Whisk the yeast and 7g of white sugar into a small bowl
- 3) Heat more than 75g water to 100 deg. F to 110 deg. F [iii]
- 4) Add 75g of the heated water to the yeast / sugar mixture and whisk
- 5) Let sit for about 10 – 15 minutes or until you see some activity. If you don't see anything after 15 minutes, the yeast is probably dead, and you'll need to try again with another pack

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## PUT IT ALL TOGETHER

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- 1) Add the dry mix to the autolyse mix
- 2) Add the yeast proof and mix with a silicon spatula until reasonably well incorporated
- 3) Lightly brush the top with LVO
- 4) Cover the bowl with plastic wrap, pressing the plastic wrap down onto the dough and bowl sides
- 5) Let the dough proof at room temperature for at least 1 hour. 2 would be better
- 6) Pull out the dough mat and dust with a good amount of semolina
- 7) "Knead" the dough with the slap and fold technique for about 10 minutes [iv]
- 8) Lightly grease a bowl with LVO
- 9) Put the dough into the bowl and brush on all sides with LVO
- 10) Cover the bowl with plastic wrap, pressing the plastic wrap down onto the dough and bowl sides
- 11) Put in fridge at least overnight

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## DAY OF

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- 1) Pull the dough out of the fridge to warm
- 2) Set up pizza stones in oven
  - a. One on the bottom ONLY IF IT DOES NOT COVER AND VENTS OR SIT ON HEATING ELEMENTS!
  - b. One on a rack in the middle position
  - c. One on a rack at the top position
- 3) Heat oven to 550 deg. F. Let oven / stones heat for at least one hour
- 4) While the oven is heating, weigh the dough and split into two equal portions
- 12) Put one half back in bowl, cover with plastic wrap, pressing the plastic wrap down onto the dough and bowl sides, and place back in fridge [v]
- 13) Set up the pizza mat and dust with semolina
- 14) Spread the dough on the pizza mat and / or use the gravity / over the knuckles technique. It should give you about a 12 inch disc. If the dough resists stretching and/or pulls back, cover it with plastic wrap and let sit for 10 minutes, then try again [viii]
- 15) Thoroughly dust the wood peel with semolina and place the dough disc on the peel

- 16) Shake the wood peel and make sure the disc moves freely. If it sticks in any place, pull up the dough and add more semolina to the location of the sticking
- 17) Put the dough disc on the middle pizza stone and cook for 1 minutes
- 18) Pull to dough and put on your toppings of choice [vi]
- 19) Put back in the oven for 3 minutes
- 20) Pull and spin the disc around for another 3 minutes
- 21) Remove from the oven and let sit for 5 to 10 minutes [vii]
- 22) Slice and...
- 23) ENJOY!!!

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## CLOSING THOUGHTS

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20220206 (SUNDAY)

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### Things to Try Next Time

- Autolyse overnight?  
The thought being maybe get a little bit of a sourdough type thing going, but then that would make this a 3 day pizza
- Add olive oil to dough mix?  
Not so sure about this one anymore. I have mized in 3 TBSP in previous runs, but with this last one, I don't know if it is needed. Besides, I will be brushing it with oil in at least two more steps and brushing it with ghee [see next bullet]
- Brush the dough disc with ghee and sprinkle on a little salt and garlic powder. I have done this once or twice, and it is really good, but I keep forgetting. I am thinking ghee instead of butter because I think butter might burn in the high temperature oven
- Instead of "kneading" the dough after proof, just mix it with a silicon spatula in the bowl
- Rub hands with LVO before handling a very wet dough
- Precook the crust for more than 1 min  
Maybe 1 min 30 sec, maybe 2 min. 1 min is from a lower hydration dough, so longer might be better for this one
- Cook for longer with the toppings?  
I did 2 x 3 minutes. Maybe more may have been better? I don't know. This was pretty good, but maybe a bit longer would have gotten better "leoparding" with a longer cook time
- Maybe instead of a longer cook time, put under the broiler for a minute. This would kind be like lifting the pizza up to the dome of a brick pizza oven to get the extra meltiness and browning on top right before pulling it

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## NOTES

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- i. I actually have 4 of these. I use 3 for this recipe. One is absolutely necessary, the others are a bonus
- ii. Yes, I think you need two. The wood for getting the pizza in the oven, the steel for getting the pizza out. It is much easier to slide the uncooked dough onto a stone from a dusted wood peel and to get the cooked pizza from the stone with the steel peel

- iii. Why more than 75g? Because I have not yet figured out how to heat exactly 75 g of water to 100 deg. F to 110 deg. F. Heating more of it gives you margin and allows you to add / subtract water to get it to temperature. Don't worry, you'll be weighing out the 75 g.
- iv. This is a VERY wet dough. Next time I am recommending rub hands with olive oil
- v. You can use this for another pizza, flat breads,.. be creative!
- vi. I think one of the BIGGEST lessons I have learned with pizza is DON'T OVER TOP! Pizza is about the crust as well as the toppings, so put on too much sauce, cheese, etc. ESPECIALLY too much sauce as this will make the dough soggy and prevent it from crisping up
- vii. Important step, this one! I was too eager to eat and burned the roof of my mouth, but it was worth it!
- viii. And don't get too caught up into making it perfectly round. I used to be REALLY OCD about this. I am still OCD about it these days, but not quite as much (as you can see from the pictures below) and I have found it makes the pizza making experience much more enjoyable. After all, it still tastes as good!

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## PICTURES

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