

# Pizza dough



## <Ingredients (5 pizza)>

500g Italian “00” or “0” type flour\*

5g Dry yeast

1 Tbsp Fine salt

2 Tbsp Virgin olive oil

260 ml Tepid water

\*)you can alternatively use all purpose plain flour for Italian one

## <Method>

### 1. Knead the dough

Put the flour, salt and yeast into a large bowl and mix well. Add the water and olive oil. Start mixing in circular motion until all ingredients come together. After a couple of minutes mixing, transfer to a flat working space and knead the dough for developing the

gluten until it is firm.

## **2. The first fermentation**

Turn the dough over and rotate with both hands applying gentle pressure to the bottom. Grease the inside of a large bowl with olive oil. Put the dough ball in the bowl and coat the surface of the dough with olive oil. Cover the bowl and leave for one hour for the fermentation at a warm place\*\*. Divide the dough into five segments of equal weight (150-160g each).

\*\* )35-40C is the best temperature

## **3. The second fermentation**

Spread some flour over the working surface and lay your dough balls. Cover the dough balls with a dry cloth and leave them to rest for one hour.

## **4. Make the shape**

Press down the dough, first on the centre, and then move to the border in order to make everything flat. Once the dough is flat (size should be about your two hands), move it circling while you are stretching.