
Balling the Dough

Balling means to divide the dough into the individual pizzas. Traditional pizzas are only 8-14" across. Measuring is best at first. Each ball should weigh 200-280g or 7-10 Oz per ball.

Final Proof

After Balling the dough, set the balls in a pan or proofing box and let it sit for another 8-24 hours.

The dough should roughly double in size when the proofing is complete. If it isn't noticeably larger let it keep going. Don't rush it unless you like really really flat cracker crusts.

The temperature during proofing should be pretty consistent. If you have an oven with a "proofing" feature, use it. If not the oven is still a nice insulated box that should be more constant over night than your home.

Higher temperature=faster proof

Kneading the Dough

Kneading is critical. If you don't do it enough, there isn't enough air for the yeast to breathe.

Also the gluten is building strength from stretching to trap the gas and make the bubbles in the crust.

If you don't knead enough you get a cracker thin dry crust.

20 minutes by hand or stand mixer

Fermenting

This step is where you let the dough rise as a one big ball. Use glass or stainless bowls for easier cleaning.

Cover the bowl with plastic wrap or an airtight light for two to four hours depending on room temperature. Cooler and slower is better.

The Easy Guide To Pizza

Skip the Cook book,

This is all you need.



Quick Timing Guide

Day 1

Mix Dough

1 liter (33.8 oz) of water

20-23°C/68-70° F is ideal

1.7 kg (3.5 lbs) of type 00 flour

50g of salt

3 g of fresh yeast or 1g of dry active yeast

Wait 8-24 Hours

Bake

The Starter



If you prefer to use a starter instead of packaged yeast you can.

Creating a Starter

1. Steal or borrow some from a friend.
2. Create one by adding 1g of yeast to a half cup of filtered water and a half cup of rye or 00 flour
3. Let water and flour sit out until it bubbles

Feeding Starter

Starter is a living thing. It needs to be fed and used regularly.

You can keep it in the fridge and do this weekly instead of daily, but you can't use it for any recipe until it is back to room temperature and fully active. That can take two or three days.

The Starter Jar should be about half full all the time. When it hits 3/4 take some out and make pizza or bread.

Add 1/4 cup flour and 1/4 cup filtered water daily and stir with a wood or silicone spoon. Avoid metal it can kill the wild yeast.

You can see it bubbling and growing if it is properly fed. If it smells like blue cheese, remove the moldy part floating on top.

Cold Fermenting Dough

This is the process where you put the dough in a very cool place like 50-59°F/10-12°C for several days.

The dough will rise much slower and give a deeper flavor as the yeast takes longer to break down the gluten and starch in the flour.

Poke test.

After kneading, if you poke the dough it should start to spring back. After proofing it should not.

COOKING!

Ideally you need a very hot oven. 450°-480°C/850°-900°F is ideal for most pizza applications. 230°C/450°F is the minimum. 90 seconds to five minutes depending on temperature of the oven.

You also want the floor to be as hot, and be able to hold temperature. In a home oven, you need a pizza stone or pizza screen.