



Pizza Dough

Recipe by Anthony Ferraro from Little Theos



INGREDIENTS

1kg 00 flour or
a fine bakers flour

28 grams fine sea salt

2.5 gram dry yeast

2.5 grams vinegar

680 grams of tepid water

DIRECTIONS

1. In a large bowl, whisk together the flour, salt, and yeast.
2. Slowly add the tepid water and vinegar, and mix with a wooden spoon just to combine. Once the mixture is moistened, lightly flour a countertop or large cutting board (you can use a fine semolina for this process as well) remove the dough from the bowl and Knead it for 3-5 minutes to incorporate it all together and slightly work the glutes. The dough should easily form a loose ball.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app



DIRECTIONS

3. Place the dough in a large bowl and cover with a damp, clean kitchen towel or cling wrap to prevent it from drying out and developing a skin.
4. Place on counter and let sit 12-24 hours at room temperature. It will double in size and you may see bubbles forming on the surface.
5. Knock the air out of the dough and knead it gently into a ball place into fridge for 1-2 days.
6. Lightly flour a large cutting board or your kitchen countertop(you can use a fine grade semolina once again if you want to add dimension and texture), and place the dough on it. Lightly flour your hands. If the dough starts to stick at any time, clean hands and add more flour to them.
7. On the day of pizza making, remove dough from fridge and divide dough into 5, 200 gram portions and make your dough balls (panetto)
8. Cover the dough balls in a container or place on a tray and keep airtight/covered for 3-4 hours; this lets the gluten relax and makes the dough easy to stretch . this stage is called the final proof.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app

