

MULTI-PURPOSE PIZZA DOUGH

F EASY

Last Modified: 10/11/2014

PREP: 2 Hrs 10 Min
COOK: N/A

BREADS

MAKES DOUGH FOR 2 MEDIUM PIZZA'S

QUA	MEASURE	INGREDIENT	PROCESS
4	Cups	Bread Flour (Antimo Caputo Blue (Pizzeria) Bag 00)	
PLUS			
		All Purpose Flour (For Dusting)	
2	Tsp	Kosher Salt	
2	Tsp	Granulated Sugar	
1	1/4 Oz	Packet Dry Active Yeast	
1 3/4	Cups	Warm Water (100 ~ 110 Degrees)	
3	Tbsp	Olive Oil	
PLUS			
		Olive Oil (For Bowl Coating)	

PREPARATION

FACTOID	This is a very flexible, very easy but still homemade Pizza Dough that is used by several commercial Pizza Chains. This Dough is suitable for Pizza's, Calzone's, Flat Breads, Bread Sticks, Dinner Rolls / Knots, etc., etc. The possibilities are limitless.
FACTOID	00 Flour is an indication of the "grind" ONLY (an almost talcum powder-like grind) - It has NOTHING to do with either the protein or gluten content. 00 Flour imparts a VERY tender and pleasing "mouth feel" to your Noodles. ALSO: Antonio Caputo Italian Flour is THE one to use. They make 2 kinds (Blue - Pizza Dough Version - Use after 30 to 60 minutes after mixing) and Red - Rinforzata or Chefs - Breads & Pastas - Use immediately after mixing).
HINTS	See the Pictures File for some Dough how-to's & a few usage suggestions...
HINTS	DOUGH PROOFING: An easy, sure way to "proof" (Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.
TOOLS	1) Stand Mixer & Paddle Head & Dough Hook Head 2) 2 - Medium Mixing Bowls 3) Large Glass Measuring Cup
HINTS	The Sugar is used to feed the Yeast which will help the Dough to grow & rise. Bread Flour will give you a slightly chewier texture because it contains more Gluten.
PREP	None.
1	In a glass measuring cup, combine the Warm Water, Yeast and Sugar. Allow the Yeast to dissolve and bloom, about 5 minutes. Once bloomed, whisk in the 3 tablespoons of Olive
2	Meanwhile, in the bowl of your stand mixer with a paddle head, combine the Flour and Salt on low speed. Slowly stream in the Water & Yeast mixture and as soon as the Dough begins to come together, switch to the dough hook head.
NOTE	If you don't care to feel or look like a "real" pizza maker, simply allow the Dough to flop around in the next step, still at medium speed, on the dough hook for an additional 3 minutes after it has broken loose from the bowl instead of hand kneading. TRUST YOUR GUT AS A CHEF: If the Dough is too wet, sprinkle more Bread Flour in the mixer, if it is too stiff, sprinkle a little more warm water in the mixer.

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3	Change the mixer speed to medium and allow the Dough to knead, adding a bit more Bread Flour if needed, until the Dough totally releases from the sides of the mixing bowl, 3 to 5 minutes. You should be able to touch the Dough and not have any of the Dough stick to your fingers. Once the Dough has kneaded and pulled away, lightly coat your hands with Bread Flour and remove the Dough from the dough hook. Place it on a lightly Bread Floured work surface. With Floured hands, continue to knead it by hand (press-fold-press-fold-repeat) for an additional 2 minutes.
4	Cut the Dough in half and form the Dough into a two smooth round balls by stretching and folding the sides under the bottom and pressing up in the center of each ball. Place the balls (folds down) into 2 medium mixing bowls, wiped or sprayed very lightly with Olive Oil (NO puddles of Oil in the bottom). Seal the bowls tightly with plastic wrap and let the Dough rise in a warm area of your kitchen until it doubles in size, 1 1/2 to 2 hours. After the Dough has risen it is ready to be formed and baked in any way you like!

