

All About Pizza Handout

Different Doughs:

Traditional: Similar to what you would expect to find in a pizzeria, this dough will be wheat flour based and contain yeast.

Why is using the right flour important?

*It will determine the consistency of your crust. Is it chewy or crispy? Air bubbles are the key here and having the right amount will lead to the best crust.

Bread Flour

*Great for bread making, makes a stretchy, chewy bread. Not as crispy as the '00 flour but makes a great crust!

'00 Flour

*Finest grade milled flour in Italy. Crust stays crisp while allowing multiple air holes to form. Protein content is 12.5%

AP Flour

*Less likely to develop bubbles which lead to a denser crust, protein content 10.5-11%

Gluten Free:

*Any crust made from non-wheat flours. Usually a mixture of flours including tapioca, rice flour, sorghum flour, or any other non-wheat flour.

*There are also gluten free crust mixes you can purchase, just be sure to look at the ingredients list before purchasing.

Grain Free:

- *Any crust made from a mixture of almond, coconut or tapioca flours
- *Any crust made with vegetables as well including, zucchini, cauliflower, sweet potato, spaghetti squash, eggplant
- *The kind of crust you choose will depend on the texture you are looking for

My findings in working with different grain-free crusts:

Almond Flour Crust- very crunchy like a cracker

Cauliflower Crust- delicious but often don't hold together when cooked

Zucchini Crust- great thin crust, medium crispy, holds together well

Sweet Potato, Spaghetti Squash and Eggplant- I have not tried these, but all look and sound great. Just be sure to remove as much of the water from the veggies as you can before using them

*All of these above options are great if you are on a low carb diet OR are looking to keep excess sugar out of your diet.

Different Sauces:

Tomato: Traditional, less is more. Too much sauce will produce a soggy crust. You want just enough for that great texture and flavor but not SO much that your crust falls apart or can't be picked up. Will go with literally ANY topping you choose 😊

Pesto: Great way to jazz up your pizza! Delicious alone with cheese or along with arugula, sliced tomato, broccoli, shrimp, you name it!

White: No sauce, simply use olive oil and garlic along with the cheese.

Cheeses & Toppings:

*use any cheese you prefer, I like a whole milk, low moisture shredded mozzarella, but any and all will work! Some other fun cheeses I love to add include, crumbled blue cheese, fontina cheese, goat cheese. Have fun with it! The combinations are endless.

*use any toppings you love! Sky is the limit to what you can put on a pizza! Some of my most recently tried favorites include: jalapeno, serrano ham & sweet chili glaze, philly cheesesteak & pickle & bacon!

The 72 Hour Pizza Dough

 bakingsteel.com/blog/72-hour-pizza-dough

Andris Lagsdin

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One of my favorite pizza dough recipes is Jim Lahey's no-knead dough, on which this recipe is based. It's simple, doesn't require any equipment, and doesn't make a big mess. (My wife disagrees about the mess: I have a talent for covering the kitchen in flour.) I make this dough at least once a week, sometimes quintupling the recipe and saving the extra balls of dough to use throughout the week or for the [pizza classes](#) we teach.

Through the years, I have edited Jim's original to make it my own. One change is that I use bread instead of all-purpose flour, which adds the perfect heft to your finished crust when baked at high heat in a home environment. And somewhat ironically, I actually knead the "no-knead" dough. After I incorporate all the ingredients I get my hands wet and knead the batch for 2 to 3 minutes. Without this step, I've ended up with dried clumps of flour in the dough. There are worse things in life, but we're seekers of pizza perfection.

This dough is simple and foolproof—but you do need TIME. Not hands on or working time, but time for a 24-hour rising period and then a 48-hour cold ferment. That's 72 hours total, in case you don't have a calculator.

The first phase is a 24-hour period of allowing the dough to bulk ferment (or to rise as one unit before being divided into individual dough portions) at room temperature. Just find a spot where you can park the dough where it will not be disturbed. The dough will impart a pleasant aroma will make your kitchen smell like a bakery.

Next, you'll portion out the dough, ball it up and store the individual portions in the refrigerator for a minimum of 1 day, but up to 10. This is when the dough will develop some kick ass flavor. The process is called cold fermentation, and it slows down the activity of the yeast to produce amazing flavors in your dough. The "strike zone" for the dough, in terms of optimal texture and flavor, is on days 3 through 5 (or, 48-96 hours after the bulk fermentation that occurs in step 4). You can take the dough out of the fridge and make pizza earlier—but the full 72 hour method is what gives it a truly memorable taste and texture.

Want us to make it for you? [ORDER DOUGH HERE](#)

72 Hour Pizza Dough Recipe (makes 7- 12"pies)

Scale recipe up or down using the percentages

Recipe from Baking With Steel

Ingredients

1100 grams (7 1/2c) bread flour (100%)

38 grams (4 tsp) fine sea salt (3%)

2 gram (1/2 tsp) active dry yeast (.2%)

780 grams or 3 1/4 cups of water (70%)

Directions

1. In a large bowl, whisk together the bread flour, salt, and yeast.
2. Slowly add the water, and mix with a wooden spoon just to combine. Once the mixture is moistened, lightly flour a countertop or large cutting board and remove the dough from the bowl with lightly oiled or wet hands (to discourage sticking). Knead for 2-3 minutes to remove clumps. The dough won't become elastic, but should easily form a loose ball.
3. Place the dough in a lightly oiled bowl and cover with a damp, clean kitchen towel or plastic wrap to prevent it from drying out and developing a skin.
4. Place on counter and let sit 24 hours at room temperature. It will double in size and you may see bubbles forming on the surface.
5. Lightly flour a large cutting board or your kitchen countertop, and place the dough on it. Wet or lightly oil your hands again.
6. Divide dough into seven equal portions and make your dough balls.
7. Place the dough balls into oiled cylindrical airtight containers (deli takeaway containers are ideal), date the containers, and place in the fridge for 48 to 96 hours.
8. Remove from refrigerator at least 1 hour before use to allow the dough to come to room temperature; this lets the gluten relax and makes the dough malleable.

One master dough, infinite variations

Peak period of fermentation: The peak period for making pizza with this dough is between 48 and 96 hours after the initial "bulk ferment," when the dough doubles in size. (If you start the dough on Tuesday, prime pizza time will be Friday through Sunday.) Feel free to experiment with fermentation times until you find what works best for you.

Alternate liquids: You can substitute alternate liquids for the water called for in this recipe in a 1:1 ratio. Beer adds a nice, malty touch; a little milk will make your dough extra rich. If you're feeling crazy, try something like coffee--really! Coffee in a dessert pizza crust upgrades you to a culinary genius.

Andris Lagsdin

Gluten Free Pizza

Yield 1-10-12inch crust

1 cup white rice flour

$\frac{3}{4}$ cup brown rice flour

$\frac{1}{4}$ cup tapioca flour

1T. honey

$\frac{3}{4}$ cup warm water (between 110°F-120°F)

1 packet instant yeast

1 tsp. salt

1 large egg

1T. olive oil

Heat the oven to 550°f. Place a pizza stone on the lowest rack. Mix water, honey and yeast together and let sit for 5 minutes. In a medium bowl, mix together the flours. Add the egg, oil, yeast mixture and salt. Mix together until well combined. Place the dough on a large piece of parchment paper. Using your hands spread dough into a round circle. Bake for 8-10 minutes. Add desired toppings and bake for another 8-10 minutes. Enjoy!

Zucchini Pizza

Yield: 1-10inch crust

2ea. medium zucchinis, shredded
¼ cup coconut flour
2 extra large eggs
1 cup mozzarella cheese
½T. onion powder
3T. arrowroot powder or tapioca flour
Salt and pepper

Heat the oven to 500°F. Place a pizza stone in the oven on the lowest rack. Place the shredded zucchini on a sheet pan and bake for 10-12 minutes. Remove from the oven and allow to cool slightly. Use paper towels to rid the zucchini of excess moisture. Place in a medium bowl along with the remaining ingredients. Stir to combine. Remove the hot pizza stone from the oven and cover with parchment paper. Use your hands to pat the “dough” into a thin round circle. Place the pizza stone back into the oven and bake for 7-8 minutes. When the zucchini starts to get a deep golden brown on the edges remove it from the oven and flip it over. Place the pan back into the oven and bake another 5 minutes or so. Remove from the oven and allow the crust to cool for about 10 minutes more. (This will keep it from becoming soggy.) Add the desired toppings and bake for another 8-10 minutes. Enjoy!