



Pizza Class Manual

Questions?

Email us at: info@pummarola.us

Ingredients

- Dry Yeast 5g (0.17oz)
- Water 500cl (2 cups)
- Salt 15g (1oz)
- Flour 800g (1.75lb)

Consider the following factors:

1. Time: more time = less yeast needed.
2. Humidity: more humidity = less water needed.
3. Heat: more heat = less yeast needed.
4. Mixer and Water Temperature: warmer water = more yeast needed.

We suggest adding cold water or ice when a spiral mixer is used to make the dough.

Instructions

Combine Dry Yeast and Water

Using a bowl and whisk, combine the dry yeast and water. Stir until combined. Water should be cloudy. Take your time!

Add Salt

Pour salt into the water and yeast mixture. Careful not to add salt too soon, as it will kill the yeast and prevent the dough from rising later on.

Add Flour

Combine a small amount of flour with the water mixture. Swirl with your hands. Continue to add flour, working out the lumps in the dough. Continue to stir and knead the mixture until you have a solid pat of dough.

Balling the Dough

Fold the dough repeatedly by taking one corner and pulling it toward the opposite corner. The goal is to have a smooth, round ball with no lumps or holes. Flour your hands so that the dough doesn't stick to your fingers. Once you have a smooth, round ball, place the dough in your palm and pinch the bottom of it tightly. Place the completed ball in a container and seal it to make sure that air doesn't get in.

Rising

During the rising process, the yeast ferments (eats) the sugar and develops the dough. Rising improves the flavor and texture of the bread. Leave it outside of the refrigerator for 2 hours. Then, place in the refrigerator to prevent the dough from expanding too much and to begin the maturing process.

Maturation

When we go to a pizzeria and order a pizza that has been prepared with long-matured dough, we will have no trouble digesting the pizza. This is because a large part of the digestive work has been done during the maturation process of the dough in the refrigerator. Did you know that over 300 processes are activated during the maturation period?

Preparing the Dough to Be Baked

Before using the matured pizza dough, it is important to allow it to reach room temperature. Leave it outside of the fridge for about five hours. If you bake cold dough you will have an undercooked pizza. Never freeze the pizza dough.