

Pizza Dough

- 2.25 cups King Arthur bread flour
- 1 cup water at 100-110 degrees
- 1 teaspoon instant active yeast
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon olive oil

The process:

- Add the water and yeast to a mixing bowl and mix briefly to get the yeast mixed in. After a few minutes, if the yeast is alive, you'll see some froth. It's better to find out if the yeast is alive now, rather than the next day when you see that your dough didn't rise.
- Add 1 cup of the flour and mix for two minutes. And then let it stand for 20 minutes. This step is sometimes referred to as the autolyse step. It gives the flour a chance to absorb the water, which apparently helps in the creation of glutens (which makes dough chewy and wonderful).
- After 20 minutes, starting mixing again (low speed) and start adding the flour 1/4 cup at a time. You can add the salt, sugar, and olive oil now as well. Mix for 10 minutes or so. Your dough should be pretty tacky, so when you handle it, flour your hands.
- Remove the dough from the bowl and work it a bit (because that's fun), and then portion into 2 pieces, each of which will be about 10 ounces.
- Roll them into tight balls, plop them in tupperware, and put 'em in the fridge for a day minimum, and up to 5 or even 6 days. This slow, cold, rise really helps in the development flavor.
- 3 hours before you want to make the pizza, take the dough out of the fridge, and let sit at room temperature. Preheat your oven on its highest temp for at least 1 hour, and more likely for 2 hours. Your oven has a pizza stone on its floor, obviously.
- 30 minutes to an hour before you are going to cook, punch the dough down, roll back into a ball, and let rise a bit more.
- You should be able to form a 10/12 inch disc with your hands, and no rolling pin. A rolling pin is going to crush all of those great air bubbles out, and is going to create a very flat dough. You want there to be a decent crust that will rise when cooking.