

- Dough for tray-baked pizzas -

dinner > dough for tray-baked pizzas

Based on the method using 'poolish'



make 1 dough ball – enough for 1 pizza (1kg)
Ready in approx. 1h + resting (minimum 8hours)

Shopping LIST:

400ml lukewarm water, 560g flour, 14g dry yeast, 12g sugar, 16g salt, olive oil.

Make the poolish with AT LEAST 8 hours before you make pizza.

Method:

- Combine **400ml** lukewarm water, **400g** flour and **7g** dry yeast in a large bowl. Cover with cling film and set aside in the fridge between 8 hours and 16 hours. This is the **poolish**.
- In the "**poolish bowl**" mix **160g** flour, **7g** dry yeast and **12g** sugar. As it comes together, use the strength of your arm and stiff fingers to beat it for about **6 minutes**. You are aiming for a smooth, elastic dough.
- Add **16g** salt and **2tbsp** olive oil and mix until these ingredients are absorbed into the **dough**. Turn the dough out into a lightly oiled bowl and rest for **20 minutes**.
- Transfer the dough onto an oiled tray and fold into shape by following the dimensions of the tray that you are using. Then turn it over, side up.
- Turn your oven on to its highest setting and place a rack on the middle shelf.
- Stretch the dough, by using your finger tips from underneath the dough mass, towards the edges of the tray in **2 stages**, *resting* for **10 minutes** between each stretch.
- After the second stretch, add your toppings.
- Place the pizza on the middle rack of your pre-heated oven. Reduce temperature to your oven to **220°C fan** and bake for **15 minutes**.

