

SLOW FERMENT PIZZA DOUGH (G2)				NOTES:
Amt	Ingredient	Prep	TOOLS REQUIRED	
POOLISH - PREFERMENT			Large plastic	Saran
250g	<i>AP flour</i>		Scale	Wood spoon
250g	<i>Water</i>		Stand mixer	Dough hook
Pinch	<i>yeast</i>		Proof container	Large bag
<u>FINAL DOUGH</u>			Bake sheet	Fridge space
1kg	<i>Bread Flour</i>		Hot oven	Pizza peel
8g	<i>Instant Yeast</i>			
26g	<i>Salt</i>			
10g	<i>Cornmeal</i>			
ALL	<i>Poolish</i>			
650g	<i>Water</i>	80F		
45g	<i>Herb Oil</i>	*above		

- A poolish is a preferment used to build extra flavour (and extra acidity) in the dough
- follow the times as an estimate (they are based on a DDT of approximately 76F).
- if your bread is cooler than 76F it will take longer... if it is warmer than 76F it will ferment quicker
- slow fermentation in fridge develops flavour

METHODOLOGY

STEP 1- MAKING A POOLING

- Combine water, flour, yeast in a bowl – then transfer to a narrow (i.e. tall and not wide) vessel with room to grow (upward).
- Lightly cover in saran to prevent excess drying out; allow culture to develop as a preferment 12-16hrs in a cool place (70F)

STEP 2 - MIXING: In stand mixer with dough hook

- place flour, yeast, salt, cornmeal all the polish,
- measure water to 80F – then measure 650 in the used/spent poolish container -- add this water to the mixing bowl with everything else (except the oil)
- Mix on low speed (2 at home) 3 mins (adjusting moisture levels with additional water (if dry) or flour (if wet) – so dough hook barely lifts dough from bowl base -- -- then increase to speed 2 (3-4 at home) for 2-3 mins as you slowly add infused oil
- Check dough temperature and consistency: Desired Dough Temperature = 76F.
-- Place, loosely covered in warm or cold environment depending on its temperature, and allow to bulk ferment for 1.5hrs (folding twice at 30 & 60 min mark – done @90)

STEP 3 - BULK FERMENT: total 90 minutes with two folds (at 30 and 60 min marks)

STEP 4 - DIVIDE - cut not torn

- Using a bench scraper cut the dough into (x12) 190g pieces;
- transfer measured/cut dough on to lightly floured surface
-- keep covered with a food/bread bag
- Working one at a time on a minimally if any floured surface, make the classic boule shape using tiger claw method (deemo)
-- this will expel air out and tighten gluten – before resting in fridge.

STEP 5 - SECONDARY PROOFING: TWO OPTIONS

- OPTION 1 - use right away** - by rolling the shaped dough and topping and baking as desired (this will be a denser / tougher dough as gluten is tense)
- OPTION 2 – retard covered in fridge 4-36 hours;** this will be a better hydrated, more relaxed, easier to work with dough; with optimal flavour development.
-- if doing two brush a parchment lined tray lightly with herbed oil

--- space boules on to oiled parchment approx 6" apart
-- -- then dab tops of each boules lightly in herbed oil;

- Cover in plastic & retard in fridge 4-48hrs

STEP 6 - PREHEATING OVEN

- **Option 1 - still (standard) home oven - 500F (12-14 mins)**
- **Option 2 = convection (forced air) oven - 445F (half fan) (7-11 mins)**
- **Option 3 = Deck/bread oven - 265C (509F) (4-8.5 mins)**
- Remember... if you are using a pizza stone to start cold oven and raise in temp

STEP #7 - tempering the pizza boules

- Remove pizzas boules from fridge 15 minutes prior to use

STEP #8 - shaping the pizza dough - TWO OPTIONS

- **OPTION 1** - Shape pizza dough with hands (as per demo)
- **OPTION 2** - using a rolling pin on a lightly floured surface

STEP #9 - topping the pizza

- Once sufficiently thin - dust a cutting board or pizza peel with cornmeal -
- Carefully place dough on top of cornmeal
-- shimmy slightly to prevent from sticking to the peel
- Top dough lightly with with desired sauce, starting in center then spreading towards the edges with the base of a spoon - keeping a 1-1.5" border around the edges
- Once sauced top lightly with grated cheese then topping, then light cheese again.
- ***Be sure to shimmy on floured peel after sauce - after toppings - and before oven***

STEP 7 - BAKING THE PIZZA

- Slide into 500F oven - baked 6-8mins or till desired doneness
- Cool on a trivet or cooling rack slightly - before slicing into wedged triangles