



PIZZA

Ingredients

Dough

- 300 g (10.6 oz) '00' Flour*
 - 225 g (7.9 oz) Water
- 60 g (2.1 oz) Sourdough Starter
 - 6 g (1 tsp / 0.21 oz) Salt

Greasing / Frying

- 40 g (1.4 oz) Olive Oil

Sauce

- 200 g (7 oz) Tomato Paste
- 15 g (1 Tbsp / 0.5 oz) Olive Oil
- x1 (8 g / 0.28 oz) Garlic Clove
- x4 (2 g / 0.07 oz) Basil Leaves

Toppings

- 250 g (8.8 oz) Mozzarella
- x $\frac{1}{2}$ (60 g / 2.1 oz) Onion
- x10 (5 g / 0.17 oz) Basil Leaves

MAKES 2 MEDIUM PIZZAS

Directions

Prepare Your Sourdough Starter - The Night Before

1. In your container, mix in 10 g (0.35 oz) of *Mature Starter*, 30 g (1 oz) of *Rye Flour* and 30 g (1 oz) of *Water*.

Initial Pizza Dough Mix - Autolyse

1. In a bowl, add in your *Dough's Cake Wheat Flour** & *Water*. Gently mix those two ingredients together for *2 minutes*.
2. Cover your bowl with a damp cloth & let it rest for *30 minutes* to perform an *Autolyse*.

* Cake Wheat or All Purpose Flour can be used instead

Second Pizza Dough Mix

1. Add in all of your *Sourdough Starter & Salt*, then mix until your dough has fully incorporated.
2. Cover your bowl & let it rest for *15 minutes*.

Stretch & Folds

1. Begin **stretching & pulling all sides** of the dough over itself until you reach *1 full rotation*. - Cover your bowl & let it rest again for *15 minutes*.
2. Repeat this process *twice more* for a total of **3 stretch & folds**. After the second, increase the rest period from *15 to 30 minutes*.
3. After the third stretch & fold is complete, let your dough proof while covered for *1.5 hours at room temperature*.

Overnight Prep

1. Cut your pizza dough into two pieces.
2. In two separate **airtight** containers, pour in **10 g ($\frac{2}{3}$ Tbsp / 0.35 oz) of Olive Oil** into each.
3. Place each dough piece in either container, making sure that they are well coated in the oil.
4. Seal the containers & then place both of those in the fridge to rest **overnight**.

Second Day Proof

1. Grease a large baking tray with **10g ($\frac{2}{3}$ Tbsp / 0.35 oz) of Olive Oil**.
2. Remove one of your doughs from its container, then **stretch and fold all of its sides over its centre** before shaping it into a *boule*.
3. Place your dough on your baking tray & *repeat steps 2 - 3* with the remaining piece.
4. Cover your baking tray with another, equally sized tray that has been flipped over.
5. Let your covered pizza doughs proof at room temperature for *2 hours*.

Prepare Your Pizza Sauce

1. When your doughs have *20 minutes left to proof*, take out a bowl & mix in your *Sauce's Tomato Paste, Olive Oil, diced Garlic & chopped Basil Leaves*.

Prepare Your Toppings

1. Grate your *Topping's Mozzarella Cheese* & place it in the fridge to cool down.
2. Slice *half an Onion* into thin strips.
3. Prepare any additional Toppings.

Cast Iron Pizza Baking Method

1. Place a **Cast Iron Pan** on your stove top & grease it with **10 g ($\frac{2}{3}$ Tbsp / 0.35 oz) of Olive Oil**.
2. Begin stretching & shaping your doughs into Pizzas, using your hands to lift the dough up, *rotating the rim* & allowing gravity to stretch it out into **30 cm (11.8 in) wide Pizzas**.
3. Carefully place one of your doughs in the pan and set your stove to **medium heat**.
4. Apply a *thin layer* of **Pizza Sauce**, leaving the *dough's rim exposed* & cook for **4 minutes**.
5. Add your grated *Mozzarella* from the fridge, followed by your *Onions, Basil Leaves* & any remaining toppings. Cook for **2 additional minutes**.
6. While your Pizza cooks, set your oven to the **highest grill or broil setting**.
7. When the **2 minute timer** has completed **transfer your Cast Iron Pan to the oven** & let it grill for **2 - 4 minutes** or until your cheese begins to brown.
8. Let your Pizza cool for **5 minutes**.

Reversed Baking Tray Baking Method

1. Take out a Baking Tray, flip it over **embossed face up** and place it in a **medium to high rack in your oven**. Preheat for **15 minutes** at your oven's **highest grill or broil setting**.

2. Generously flour a large bread board & on that, begin stretching your remaining dough piece into a **30 cm (11.8 in) wide Pizza**.
3. Apply a thin layer of **Pizza Sauce**, leaving the rim of the dough exposed.
4. Add your *grated Mozzarella* from the fridge, followed by your *Onions*, *Basil leaves* & any remaining toppings.
5. Carefully transfer your Pizza from your floured wood board onto your Baking Tray in the oven. Drop its temperature to **260°C (500°F)** and bake for **6 minutes**.
6. After those 6 minutes, put your grill back on & bake for a final **2 minutes** or until your cheese begins to brown.
7. Let your Pizza cool for 5 minutes.



ENJOY!