

Pizza Dough



- 1 ¼ cups Water
- 25mg Chewable children's vitamin C tablet crushed
- 1 Tablespoon salt
- 1 teaspoon sugar
- 1 lb All-purpose flour (or 4 cups)
- 2 ½ teaspoons instant yeast

Day 1:

1. Dissolve the vitamin C in the warm water, then add to the work bowl of an electric stand mixer fitted with a dough hook. Add the remaining ingredients (reserving some of the flour) and mix for two minutes on low, or until the dough pulls away from the sides of the bowl, adding more flour by the tablespoon as needed.
2. Rest the dough for 15 minutes, then knead at 35- to 40- percent power for 5 minutes, or until the dough is well developed.
3. Remove the dough from the mixer bowl and knead by hand for about 30 seconds, then work the dough into a ball. Place the ball in a large metal bowl with a little olive oil. Toss the ball around to coat. Cover the bowl with a clean kitchen towel and set aside for one hour or until the dough ball nearly doubles in size

Miss Tracy will then fold down the dough, pat it into a disk, and place it back in the bowl, cover the bowl with plastic wrap and park your dough in the fridge overnight.

During Advisory Day 2:

1. One person from your group needs to come in during advisory to cut the dough into four equal parts.
2. Roll the four parts into balls and leave on clean floured cutting boards covered with a clean flour sack kitchen towel to raise until your class period.

During Class Day 2:

1. Put a pizza stone into your oven and pre-heat your oven to 500°.
2. Prepare the dough by rolling out into a circle or tossing as Miss Tracy taught.
3. Dust a cutting board with corn meal and place your dough on top. Put the sauce and toppings on your pizza.
4. Slide the pizza onto the pizza stone in the oven. Remove using the pizza peel or metal flipper after about 5 minutes in the oven.
5. Let the pizza rest for about 3 minutes before cutting.

This recipe was adapted from the Pizza Dough recipe found in Alton Brown's book "I'm Just her for More Food"