

Pizza dough



Ingredients (for 12 pizzas, each weighing 230g)

1kg bread flour	6g active yeast
700g room temperature water	20g extra virgin olive oil
30g fine sea salt	

Instructions

1. Dissolve the yeast in the water.
2. In a large bowl, combine the water and yeast with the flour using a spoon and mix well.
3. Once the flour has absorbed the water, add the sea salt and knead until you achieve a smooth dough.
4. Avoid adding sea salt and yeast to the flour simultaneously, as this may prevent the pizza from rising.
5. Add the olive oil and mix until it is fully incorporated into the dough, then stop kneading.
6. Leave the pizza dough in a large bowl, cover it with a kitchen cloth, and let it rest for 20 minutes. Then fold the dough as demonstrated in the cooking class.
7. Repeat this process 3 times, with 20-minute intervals each time.
8. After 1 hour of folding and resting, wrap the pizza dough with plastic film and refrigerate it for 12 to 48 hours.

Enjoy creating delicious pan-style pizzas using this dough recipe in your pizza