

Yeast Pizza Dough

A Simple Airy & Crisp, Yeast-Based Pizza Dough Recipe

A simple Yeast-Based dough recipe that will let you make delicious thin or thick crust pizzas, calzones, baked bread bowls, bread sticks and much more. Making yeast dough sounds much more intimidating than it really is. It's great for when you have to run errands. Mix the dough, do an errand, come back, form your pizza, do some more chores... come back to the kitchen and before ya know it, it's done.

Serving Info:

Yield: 10" pizza crust
Servings: depends
Serving Size: depends



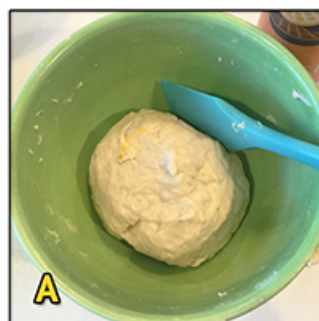
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10-10

Listed points are for
the ENTIRE pizza crust, using
"King Arthur '00' Pizza flour
(see notes)

With All Purpose Flour,
the dough has 15 points



Ingredients:

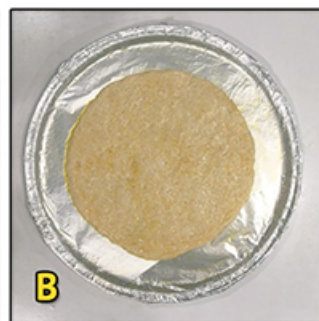
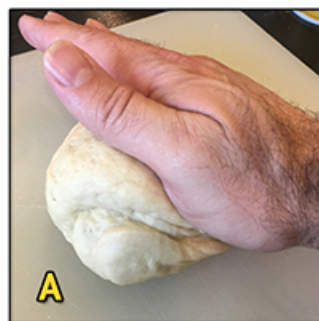
- 1 cup "King Arthur's '00' Pizza Neapolitan pizza flour"
- 1/4 tsp Salt (optional if on low sodium diet)
- 2-1/4 tsp "Instant" or "RapidRise" Yeast"
- 2 tsp Sugar
- 6-7 Tbsp WARM water (around 100-110 degrees)
- cooking spray

2. (A) Add another 1 Tbsp of warm water and mix, then another 1 Tbsp and mix. Continue mixing and adding a little bit more water each time, until the dough JUST comes together (mine took 7 Tbsp). You don't want it too wet... the consistency of children's soft "Play-Doh" is perfect. (B) Cover mixing bowl with plastic wrap and then walk away, letting the dough rise for 30 minutes.

Directions:



1. (A) Combine the flour, salt, Instant/RapidRise yeast and sugar in a small mixing bowl. (B) Add 1/4 cup of warm water then begin mixing the dough, which will still be very dry at this point.



3. (A) Use your palm to rub/spread 1-1/2 tsp of flour onto a cutting board. Place the dough onto the cutting board and knead/fold the dough for around 1 minute. (B) Place the dough onto a pan sprayed with cooking spray. Press the dough into your desired shape, then flip it over, spray it again, then stretch it out again, repeating till the dough is a uniform 1/4" thickness. Spray again, then walk away, for 60 minutes. After 60 minutes, spread the dough again to a 1/4" thickness, then flip it one last time.



Grilled Pizza Guide

A simple guide for grilling, rather than baking my yeast pizza dough

On the prior page I gave you the recipe for my yeast pizza dough, which you can obviously add toppings to, then bake in an oven (400 degrees, 12-14 mins). However, I thought it'd be neat to give you a simple guide, showing you the steps for cooking a pizza directly on a hot grill. Why? Because, crispy grilled pizza is awesome!

Ingredients & Gear:

- 1 batch of my pizza dough, prepared all the way through **Step '3B'**.
- ANY combination of prepared pizza toppings and sauce that you want, calculating points accordingly.
- Olive oil or butter flavored cooking sprays, your preference.
- Kitchen Tongs & Spatula or Wooden Utensil
- Gas Grill

Directions:

- 1 As stated in the ingredients, make a batch of the yeast dough on pg. 36. Prepare all of the ingredients you want on your pizza (toppings and sauce), ahead of time. Have them all organized, because you WILL be taking them outside, near your grill.
- 2 Turn on your grill and put the burners to the medium-low setting. Close the lid and let the grill heat up for a couple minutes. You are **AIMING** for 450-500 degrees. Adjust your temperature dials accordingly. If your grill does not have a built in thermometer, invest in one that can safely go inside of your grill at high temperatures.
- 3 Liberally spray the top of your dough (still on your baking pan, where it was rising) with cooking spray. Then, flip it over and spray it again. You want a good coat on both sides.. Then, head outside to your grill.
- 4 Open your grill and **USE YOUR HANDS** to pick up your pizza dough (it's ok if it stretches a bit) and place it down in the middle of your grill. Close the grill lid immediately and walk away for 1-1/2 to 2 minutes.
- 5 **(5A)** Open the lid and use kitchen tongs to gently pull the pizza dough off of the grill and **(5B)** flip it onto a pan, grilled-side up (*trust me, this will save you from possible burns*). **CLOSE THE LID**, then quickly carry the pan to wherever you have your sauce and toppings set up and ready to go.
- 6 Put the sauce and toppings on your pizza, on the 'grilled' side. Then quickly head back over to the grill.
- 7 Open the grill lid and gently slide your pizza off of the pan and onto the hot grill again. Close the lid and cook for 2-3 more minutes, or until the bottom of the crust is golden and the toppings are melted. A little char is good, but you don't want to eat pizza charcoal. Use tongs or a spatula to pull the finished pizza back onto the pan, turn off your grill and get ready to eat. Done.

Notes:

- **POINTS:** Once again, I am not providing points for this pizza. I am providing a recipe for making the dough, as well as the points for it. Add whatever toppings and sauce you want, then adjust your points.
- **FLOUR!:** The reason I'm advocating for the use of King Arthur's '00' Pizza Flour is because of the points. The 'KA' flour is 8 points for 1 cup, while All Purpose Flour is 13. But once again, if you would rather use All Purpose Flour, this entire crust will have 15 total points.
- **TEMPERATURE:** My preheating and cook times are based off MY GRILL, not yours. My grill has 5 rows of burners... your grill might not. Use whatever temperature dial setting you need and whatever preheating time you require to get your grill to 450-500 degrees. Once there, use my cook times. But do NOT cook the pizza over a high flame or the bottom will burn.
- **PAN?:** Most guides for grilling pizza have you flip your dough and add toppings on the hot grill. Heck no! Not only does it get cheese and toppings falling into your grill, it's also dangerous trying to add all those toppings and sauce with your hands and arms **RIGHT OVER THE CENTER OF A 450-500 DEGREE GRILL!**
- **PIZZA STONE:** If you have a pizza stone, disregard this page because you aren't "grilling" a pizza, you're baking it, on your stone, in your grill. However, use can still use my pizza dough... it's the bee's knees.

