

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, head out for an hour, then come back, form your pizza, do some 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

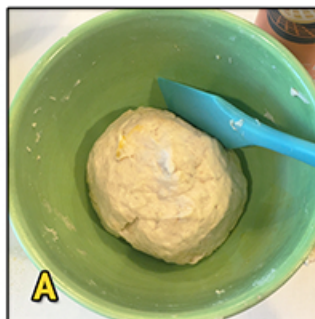


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Use your mobile device's 'Camera' App to
look at this code for nutritional info.

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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:

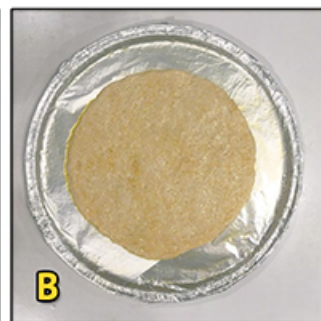
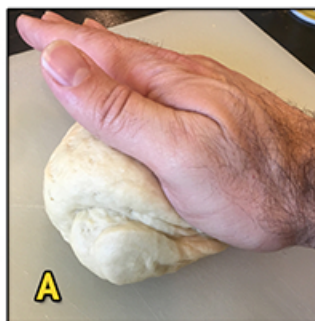
- 1 cup "King Arthur's '00' Pizza Neapolitan pizza flour**
- 1/4 tsp Salt (optional if on low sodium diet)
- 2-1/4 tsp "Instant" or "RapidRise" Yeast**
- 2 tsp Sugar
- 6-7 Tbsp WARM water (around 100-110 degrees)
- cooking spray

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.

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.



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 & roll the dough out into a round shape, then flip it, spray it again, then stretch/roll it out again... repeating till the dough is a uniform 1/4" thickness. Spray again, then walk away, letting it rise for 60 minutes.

4. One hour has passed and the dough has expanded some more after this long rest so... Gently press down on the top of the dough, spreading it out as much as you can while maintaining the 1/4 inch thickness. This allowed me to stretch mine to 9.5 inches across.



5. Add whatever toppings and sauce you want, THEN, turn on your oven to start heating to 400 degrees. Allowing your dough even more time to rise.



6. After the oven has reached 400 degrees, which gives your pizza around 15 extra minutes to rise... Pop it in the oven and bake for 12-14 minutes, or till the bottom of the crust is golden.

NOTES:

- **FLOUR!:** The reason I'm advocating for the use of King Arthur's '00' Pizza flour, is simply 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.
- **INSTANT/RAPID YEAST:** You can find it in the baking aisle, located near the baking powder/soda Remember, buy the "instant" or "rapid rise" yeast, NOT the "active dry" yeast.
- **DOUBLE BATCH:** If you make a double batch of this dough you have enough dough to make an entire Extra Large pizza, with only 20 points of dough. (16 for flour, 4 for sugar.) If you do go that route, I'd suggest using no more than 1 Tbsp of the 'Instant/RapidRise' yeast. Another cool thing, that's enough dough to make either a 14 inch large pizza, or a killer deep dish Pizza in a 13x9 casserole pan.
- You can use this dough to make Calzones, Strombolis, life sized edible statues of your pets... get creative.

