

POOLISH PIZZA DOUGH

YIELD: 3-4 Pizzas | TIME: Prep Time: 48 hours, Bake: 18-20 minutes



WHAT YOU NEED:

POOLISH

150g Strong White Flour
150g Warm Water
1/3 Tsp Dried Yeast

PIZZA DOUGH

600g 00 Pizza Flour
240ml Warm Water
300g Poolish from above
2 Tbsp Olive Oil
1 Tsp Dried Active Yeast
8g Fine Salt mixed with 50ml Water

PREPARATION:

STEP 1: MAKE THE POOLISH

To make your poolish, add the flour, water, and yeast into your starter jar. Give it a good stir to combine and leave overnight in a warm area until doubled in size and bubbling.

STEP 2: MAKE THE DOUGH

The next day, add all the dough ingredients together into a large mixing bowl, reserving the 8g salt and 50g water. Mix with your hand until you have a shaggy dough. Allow to sit for 20 minutes covered in a cloth. Add the reserved salt and water, and mix again together for 4 minutes. Cover and allow to rest for another 20 minutes.

STEP 3: PROOF THE DOUGH

Lightly dust your worktop with flour, and turn out your dough. Knead for at least 15 minutes until incredibly soft and pliable. Place into your proofing box and proof for 5 hours at room temperature with a set of stretch and folds performed every hour or so.

Once the dough has doubled in size, turn out onto a lightly floured work surface, and equally portion the dough into 4 equal sized dough balls. Place each dough ball into your lightly greased proofing box. and refrigerate overnight.

STEP 4: PREPARE THE PIZZAS

The next day, remove the dough balls from the fridge. Lightly dust your Challenger Pan base with semolina flour, and place into your oven. Preheat your oven to 475° F/ 220° C with your Challenger base inside.

Working with one ball of dough at a time, grease your hands with a little oil. Add a large amount of semolina in the middle of your work surface and drop the pizza dough on top of it, and using your fingertips, press down with a light pressure in the middle of your dough- working from the middle to the edges, leaving a raised “crust.”

Lift the dough off of the work surface, and using your knuckles and gravity to stretch out the dough to your desired size, make the same motion as if your hands are on a steering wheel whilst driving evenly around the dough. Place the dough back onto the work surface and remove the preheated Challenger Pan from the oven onto your work surface. Carefully move your dough base into the pan and bake for 6/8 minutes until lightly golden brown. Turn down the heat to 400° F/ 180° C.