

# Homemade Pizza Dough



Making your own pizza dough from scratch is easier than you might think. You will need to plan in advance, but we've given you options depending on how much time you have!

<b>YIELD</b> 6-8 SERVINGS	<b>PREP TIME</b> 15 MIN	<b>BAKE TIME</b> 5-7 MIN
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## INGREDIENTS

3 cups All-purpose Flour (375 grams, if weighing)  
\*see below Active Dry Yeast (amount depends on how long you have to rest the dough)

Overnight: ½ tsp

All-Day: ¼ tsp

Part-Day: ½ tsp

1 ½ tsp Kosher or Sea Salt  
1 ¼ cup Water, plus an additional tablespoon or two, if needed

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a very large bowl, mix all ingredients together with a spoon. The dough will be craggy and rough; this is fine, but if it feels excessively so, add another tablespoon or two of water. Chef Katie recommends weighing the flour, if possible. If you don't have a scale, spoon your flour into the measuring cup versus using the cup to scoop the flour.
3. Cover the bowl with plastic wrap and keep at room temperature for the length of time you are working with: overnight, all-day, or part-day.
4. When it's time to make your crust, preheat the oven to 500°F. Place a cast iron griddle or an inverted (upside down) sheet tray on the center rack to preheat as well.
5. Divide the dough into 6-8 even pieces for personal pizzas. Flour your hands and cutting board well. Working one at a time, stretch out each piece of dough to a 9-inch circle (about the size of a salad plate), using your fingertips and allowing gravity to stretch the dough when you pick it up.
6. Place your finished stretched dough on a heavily floured inverted sheet tray. Add your sauce of choice, cheese, and any toppings. Slide the pizza off the tray onto the hot griddle/tray in your oven. Bake for 5-7 minutes, until the crust is browned on the edges and the cheese is melted and bubbly.

## CHEF'S NOTES

This dough is flexible based on how far in advance you plan to make it:

Overnight Dough Schedule: Begin between 8 and 9 PM the evening before for dinner between 6 to 8 PM (approx. 22-hour dough)

All-Day Dough Schedule: Begin between 6 and 8 AM that day for dinner between 6 to 8 PM (approx. 12-hour dough)

Part-Day Dough Schedule: Begin around noon that day for dinner between 6 to 8 PM (approx. 6-hour dough)

Looking to make this dough a little healthier? You can swap 1 ½ cups of the all-purpose flour for whole wheat flour to increase your whole grain intake.

Continue this process for all remaining dough. Any crusts not needed right away can be frozen after baking (without sauce, cheese and toppings) in a Ziploc bag for up to 3 months. To use, simply defrost on the counter for about 1 hour or overnight in the refrigerator before topping and baking for super speedy homemade pizza perfection!

## Nutrition Facts

6 servings per container

**Serving 1 personal sized pizza (without  
Size sauce/toppings) (113 g)**

Amount per serving

**Calories 230**

**% Daily Value \***

<b>Total Fat 0.5g</b>	<b>0%</b>
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 480mg</b>	<b>21%</b>
<b>Total Carbohydrate 48g</b>	<b>17%</b>
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	<b>13%</b>
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3mg	16%
Potassium 70mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Smitten Kitchen: Lazy Pizza Dough (10/17/13)



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