



Perfect Italian Pizza Dough



Ingredients:

- 4 cups Pizza Flour
- 1 cup Warm water (for yeast bloom)
- 1½ cups Cold water (for dough)
- 2 tbsp Extra virgin olive oil
- 1 tsp Fine Sea salt
- 1½ tsp Active dry yeast
- 1 tsp Honey (optional, for yeast activation)

Method:

1. In warm water, add yeast and honey. Mix gently and let it sit for 10 minutes until frothy.
2. In a large bowl, combine pizza flour and salt. Add yeast mixture, cold water, and olive oil.
3. Knead for 8–10 minutes until the dough becomes smooth, soft, and elastic.
4. Cover and let the dough rest for 1.5 to 2 hours until it doubles in size.
5. Punch down the dough, divide into portions, and let rest for 20–30 minutes.
6. Roll out, add your favorite toppings, and bake in a preheated oven at 430–480°F until golden and crispy.

Tips:

Use high-protein flour for best texture
Cold water helps improve dough structure
Resting time is key for soft crust
For extra flavor, refrigerate dough overnight