



# HANGIN' WITH HORST

## Pizza Dough

### Episode 3: Cooking at Home – The Pizza Episode

4 oz Milk  
3 tbsp Extra Virgin Olive Oil  
pinch Sugar  
2 pinches Salt  
Water (lukewarm, as needed)  
1 1/2 packs Instant Yeast  
24 oz Bread Flour

1. Add milk to sauce pan. Heat to 90°F. Turn heat off. Whisk in 2 tablespoons of flour followed by yeast and then sugar. Top with a dusting of flour. Cover pan with plastic wrap and place in oven on the proof setting at 85°F. Proof for 30 minutes.

*\* If you don't have a proof setting on your oven, there are several other methods. You can proof inside your home at a warm room temperature (75°F and 80°F is great). You can also place the dough in an oven or microwave next to a bowl of very hot water. The oven and microwave should be off.*

2. Take the starter dough out of the oven. Combine the starter with the rest of the flour in a mixing bowl. Add olive oil, salt and lukewarm water. Using your hands, form dough into one ball. Top with a dusting of flour. Cover bowl with plastic wrap and place in oven on the proof setting at 85°F. Proof for 30 minutes.
3. Dust flat surface with flour. Take the dough out of the oven and place on the floured surface. Cut the dough into 3 oz portions, form into a ball, and place on a flour coated sheet pan. Cover with plastic wrap and place in oven on the proof setting at 85°F. Proof for 30 minutes.
4. Take dough out of the oven. Place on flat, floured surface. Dust the dough with flour, roll it out to desired thickness, and poke holes over dough with a fork. Pre-bake the dough so it can be handled easily. You can use a pizza oven, pizza stone (425°F) or a skillet on the stovetop (high heat) for about 10 seconds. Once all your dough is pre-baked, add your toppings and place back in the pizza oven or on a pizza stone (medium broil). Cook until the crust is golden brown and the cheese is bubbly and starting to brown.