

# Pinsa Romana – basic recipe



## Ingredients

400 g Tipo 00 pizza flour  
75 g rice flour, plus a little more for the work surface  
25 g chickpea or soy flour  
approx. 330 g water  
1 g fresh yeast  
25 g Lievito Madre or wheat sourdough (alternatively: a total of 2 g fresh yeast)  
15 g olive oil  
10 g salt

## Method

Mix flour and water briefly and leave covered for 20-30 minutes for autolysis . Then add the yeast, sourdough, olive oil and salt and knead with the dough hook of the food processor for about 5-8 minutes on low speed, then for 8-10 minutes on second speed to form an elastic dough. The dough is kneaded when it can be easily stretched without tearing ( window test ). This can take a different amount of time depending on the food processor and the type of flour.

Cover the dough at room temperature for 30-60 minutes, then let it ripen in an airtight container in the refrigerator for 24-72 hours. The longer it matures, the more aromatic and large-pored the pinsa will be.

Remove the dough from the fridge and divide into four equal pieces. Form into balls, cover or seal tightly and leave to rise at room temperature for about 4 hours until the volume has increased significantly. If you like, you can brush the dough pieces with a little olive oil beforehand, so they are guaranteed not to dry out.

At least 30 minutes before baking: Preheat the oven to at least 250 °C top/bottom heat, preferably to the maximum temperature, using a baking stone, pizza steel or a cast-iron pan.

Dust the worktop generously with rice flour. Put one piece of dough on the work surface and shape it into a long flat cake with your fingers. Make sure it doesn't stick anywhere. Leave a slightly higher edge on the outside.

Place the shaped dough piece on a floured pizza peel. Spread with sauce .

Bake the pinsas one at a time for about 5-6 minutes until crispy. Depending on how hot your oven is, the baking time may vary. For more power from above, the grill function of the oven can also be switched on after preheating.