

# Pizza Dough Primer

Living in New Haven means that Phd's and Pizzas are never hard to find, but life is best when both are in my kitchen at the same time. The dough below offers a semi-sourdough, semi-healthy variation on the traditional pizza, working with maple syrup in a nod to my home-state allegiances, and working in just as much whole wheat and wheat germ as no one will notice.



## Ingredients:

- 1 C warm water
- 1 C Sourdough starter
- 2 t yeast
- 1 T Maple Syrup
  
- 2 t salt
- ¼ C olive oil
- 1 C whole wheat flour
- 3 C white flour +1 C extra for kneading and natural variation
- 1 T wheat germ (optional, nutritional)
- Cornmeal to dust pizza stone

## Directions:

Combine water, starter, dry yeast, maple syrup, and one cup of white flour in a large mixing bowl and allow yeast to proof (five minutes). Add salt, half the olive oil, the wheat flour, wheat germ, and the next two cups of white flour; stir until combined, then knead for five minutes, rest for two minutes, and knead for two more minutes. Add the remaining oil to the bowl and allow dough to rise, covered, until doubled (approximately two hours). Pre-heat your oven to 500 and warm your pizza stones in the oven. Punch down, divide into desired doughs, then briefly knead before giving the dough a final rest (15-20 minutes). Roll dough on a floured surface, working as thin as the dough and your tastes will allow. When ready, transfer dough to hot stone and assemble pizza quickly, working as the dough begins to cook from below. Return the stone to the oven and bake for 7 minutes, or until done.

Makes enough for two large or three small pies.