



## Pizza Therapy: Simple Easy Pizza and Dough Recipe

You can make great pizza by using the following recipe. You can use any flour you like but a mixture of 100% Bread Flour or 50/50 Bread Flour and All Purpose Flour may yield best results.

**The dough needs to be made the day before for optimal flavor.**

But if need be, you can make it that day...

### **Pizza Dough (Makes 3-4 medium pizzas)**

#### **Ingredients**

- 4 cups flour
- 1 teaspoon of yeast
- 1 teaspoon of salt
- 1 and ½ Cups of water
- Olive oil

#### **Making Dough: Directions**

1. Add dry ingredients and mix with a fork.
2. Add water and mix until water is absorbed by flour.
3. Sprinkle flour on mixing surface and turn out dough.
4. Dough should be slightly sticky
5. Knead for 6-8 minutes or until dough is silky smooth.
6. Put in lightly oiled bowl covered with plastic wrap or zip lock sprinkled with olive oil.  
**(Do not shut zip lock all the way.)**
7. Refrigerate overnight. May use up 3-4 four days. Or freeze for use at later time.

#### **Cooking Pizza: Directions**

1. Warm up dough to room temperature.
2. Pre-heat oven to 500 + Degrees F. for 45 minutes to an hour.
3. Make dough into 3 or 4 balls.
4. Using the “soft bongo” technique, slowly tap dough ball and make into a pizza shape  
(Pizza does not have to be round!)
5. If unable to shape by hand, use a rolling pin to stretch pizza.
6. Spread a tiny bit of olive oil on pizza if you wish.

7. Top pizza with tomatoes, garlic, spices, cheese and other toppings.
8. For best results use a pizza stone. You can use a cookie sheet if a Pizza Stone is not available. Dust bottom of cookie sheet with a little flour or corn meal.

**Notes:** Use basil, oregano or any other spice you like. Use canned tomatoes instead of sauce. Drain out the liquid and smooch with a fork. Use the best ingredients available for the very best pizza!

## **Pizza Tips:**

Here are my 9 pizza tips to making great pizza:

1. Use top quality ingredients
2. Preparation is the key. Prepare everything ahead of time
3. Make your dough the day before
4. Use a pizza stone or [Baking Steel](#)
5. Pre-heat your oven at least 500 degrees F or 260 C or as hot as possible for an hour
6. Different Flours have different tastes. Use the flour you like
7. When making pizza remember “Less is more”. Use toppings sparingly
8. **Grande’s Pizza Postulate:** “When making pizza, all mistakes are inevitable”. Don’t worry about mistakes. You will make some. Just know your pizza skills will improve the more you make pizza!
9. **Have Fun**

Here is an expanded [article and video at Pizza Therapy](#)  
[9 Tips for Making Great pizza](#)  
<http://pizzatherapy.com/9-tips-for-making-great-pizza/>

## **Pizza Resources for You**

**Pizza Therapy on YouTube:** <https://www.youtube.com/user/pizzatherapy>

**Check out:** [Pizza Therapy Exclusive T-shirts](#) <http://pizzatherapy.com/t>  
More T-shirts at: <http://pizzatherapy.com/teepublic> <https://www.sunfrog.com/?44767>

**Discover Pizza Tools Here.** <http://pizzatherapy.com/pizza-tools/>

**My favorite Pizza Video Course (Free):** <http://pizzatherapy.com/class>

More Pizza Power at: **Legends of Pizza** <http://legendsofpizza.com/blog>

**More pizza tips, go to:** [pizzatherapy.com](http://pizzatherapy.com) and <https://pizzatherapy.blogspot.com/>

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