



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 and <https://pizzatherapy.blogspot.com/>

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