

Pizza dough

The Greens Cook Book, p136

3 tablespoons hot water
3 tablespoons milk
½ package (about 1 ¼ teaspoon) active dry yeast
Pinch of sugar
1/4 tablespoon salt
1 tablespoon rye flour
2 tablespoons whole wheat flour
5/8 cup unbleached white flour

1. Combine the water and the milk –the mixture should be not much warmer than body temperature. Add the yeast and the sugar, and stir to dissolve the yeast; then mix in the olive oil, salt, rye, and whole wheat flour. Gradually add the white flour, stirring to make a soft, workable dough. Add only enough flour to keep the dough from sticking –the dough should be a little moist.
2. Turn it out onto a lightly floured surface and knead it for about 5 minutes. Put the dough into an oiled bowl, and turn it once so the surface is coated with oil. Cover the bowl and let the dough rise in a warm place until it has doubled in bulk, about 35-40 minutes.
3. Preheat the oven to 500F and warm the pizza stone, if using, for 20 minutes.
4. To shape the pizza, first form the dough into a ball, and then roll it out on a floured surface. Pick up the dough and stretch it, shaping it with your hands to form a circle, and roll out more, as necessary. The 1 –inch round will be about 1/8 thick, at most, and slightly thicker around the edge. Set the dough on a pan or on a well-floured wooden peel, brush it with garlic oil, if desired, and cover it with the topping you have chosen.
5. Bake the pizza on its pan, or slide it from the peel onto the heated pizza stone.