

Pizza - from stone ground whole Sonora wheat flour

Note: Pizza Dough - from stone ground whole Durum-Iraq wheat flour, can be made using the same formula as given for whole Sonora wheat flour. There will be a slight but still pleasing difference in the texture of the pizza crust.

Pizza made with whole **Sonora** wheat dough with a little olive oil, is a delicious revelation of crispy covered softness and delicate flavor that compliments the classical toppings of pizza. A simple sourdough leavening of the dough brings out the good **Sonora** flavor, light golden color and distinctive texture. This **Sonora** dough remains toothsome even after cooling.

Ingredients & method for one 12 inch pizza crust:

<i>Ingredients</i>	<i>Bakers per Cent</i>	<i>Grams</i>	<i>Ounces</i>	<i>Cups & Spoons</i>
Stone ground whole Sonora wheat flour	100	250	8	1 ½ cups
Enzyme active malt flour <i>*(optional)</i>	1	2.5	0.08	1 teaspoon
Salt	1.5	3.8	0.12	¾ teaspoon
Water	65	163	5.2	Two thirds cup
Mature sourdough**	10	25	0.8	1 tablespoon
Olive oil	4	10	0.32	1 tablespoon

**see separate recipe: Enzyme Active Wheat Malt Flour*

***see separate recipe: Simple Whole Wheat Sourdough*

[] In a mixing bowl, measure out the Sonora flour and the malt. Mix well.

[] Measure out the salt and dissolve it completely in the water. Add the sourdough to the salty water and mix well.

[] Add olive oil to the flour in the mixing bowl, followed by the water containing salt and sourdough. Mix well using a wooden spurtle (stick) or wooden spoon.

Note that the goal is to thoroughly incorporate the flour and water; kneading is not necessary at this stage.

[] With moist hands, form the dough into a ball and leave in a covered bowl until dough has doubled in volume, 6-12 hours at 68 – 77 °F (20 – 25 °C).

[] Knead the dough until smooth. Form into a ball ready for shaping the pizza.

[] To shape the pizza: Cut a 13inch square of baking parchment paper. Place the dough ball in the center of the paper and using your fingertips, work from the center outwards, pressing and pushing the dough ball into a thin 12 inch diameter disk with a slightly thicker rim, supported on the parchment paper.

Note that Sonora dough responds best by pressing into shape rather than stretching; Sonora has mellow and relatively inelastic gluten.

[] Cover the shaped pizza with a cloth and allow to rest and rise for one and a half to 2 hours.

[] Line the oven shelf with oven tiles or a pizza stone. Preheat and equilibrate the oven at 500°F (260°C) for an hour. *Note that if a lower temperature is used the cooking time will be longer than suggested.*

[] Add pizza toppings*

[] Slide the pizza crust with the parchment paper, onto an oven peel and gently shove it onto the tiles or pizza stone in the oven. Bake for 5-8 minutes.

[] Place the hot pizza on a large wooden cutting board. Slide the parchment paper from under the pizza. Cut the pizza into 8 segments, ready for serving. Enjoy.

* Simple Margherita pizza topping for one 12 inch **Sonora** pizza crust

<i>Ingredients</i>	<i>Cups & Spoons</i>
Tomato paste or tomato sauce	2 - 3 tablespoons
Olive oil	3 tablespoons
Mozzarella cheese	2 ½ - 3 ounces
Oregano	3 - 4 sprigs

[] Spread the tomato paste with the back of a spoon starting in the center and leaving a half-inch border around the edge of the pizza. Drizzle a tablespoon of olive oil over the tomato paste.

[] Scatter sliced pieces of mozzarella cheese onto the tomato paste.

[] Using finger tips coat the edge of the pizza crust with olive oil, and drizzle any remaining oil over the rest of the pizza.

[] Scatter oregano leaves in between the cheese; gently press the leaves into the tomato paste.