

PIZZA FROM A POOLISH

Overnight poolish (five pizzas)

500g warm water
1/8 teaspoonful dried yeast
500g pizza flour or any other strong white flour
Mix and cover, leave at room temperature.

Remaining ingredients

250g warm water
20g fine salt
500g strong white flour
Make the water hot enough to end up with dough at around 25°C but you can't go above 45°C without killing the yeast.

Method

12 to 14 hours after making the poolish (eg mixed at 8pm then this stage started at 10am) Mix the additional **white flour** and **salt** in a bowl large enough to allow the dough to double in size.
Wash the poolish into the flour/salt using the warm water then mix by squeezing and folding. After an hour or so fold the dough in the bowl. Do this by wetting your hands then going round the bowl stretching a handful of dough out to the side then folding back into the centre. Repeat this folding after 30 minutes. Coat the dough and the bottom of the bowl with olive oil to prevent sticking.

Shaping

With a 10am start we are now at around 13.00. We are cutting corners here - should really leave for another 3 hours. Divide the dough into 300 - 350g balls and leave for 30 minutes. Line a baking tray with baking paper and dust liberally with flour. Turn the dough out onto a floured surface. Drive the heel of your hand into the dough to form a rough disc with a thin centre and raised edge or roll it into a rectangle to fit the tray. Lots of flour on everything for all of the shaping. If the dough shrinks back let it rest then roll again.

Topping

Spread tomato/basil/chilli/pepper sauce thinly over the base leaving a margin to form a crust to hold as you eat. Add olives/anchovies/cheese/basil leaves. Simple is best.

Baking

Bake at 280°C (or as hot as the oven will go) for 10 minutes. Slide the pizza from the cold tray onto a hot tray or pizza stone in the oven in order to get a crisper base.

Thanks to Ken Forkish - "Flour Water Salt Yeast" for this recipe.

