



“World Famous Pizza Dough Recipe, from pizzatherapy.com”

(All links are clickable)

This is a proven pizza dough recipe used countless times. To make your pizza you need [mixing bowls](#), a measuring cup, [measuring spoons](#), a rolling pin (optional), [pizza pans](#) or cookie sheet and a cooking thermometer. When you get serious about pizza, you need a [pizza stone](#) and [pizza peel](#)

Ingredients for the Dough (Makes 2 or 4 Pizzas!)

- 2 Packages yeast (4 teaspoons of yeast or less. You can reduce to 1 teaspoon of yeast, if you wish.)
- 2 teaspoons sugar
- 4 + cups of flour (Can be All purpose or Bread Flour, or High Gluten)
- 1 teaspoon salt
- 1/4 cup olive oil
- 1 and 1/2 cups of warm water

Directions

1. Put yeast and sugar in a cup. Add 1/2 cup of water. The water should be between 100° and 110° F (37° C- 43° C .) degrees. Mix well. Wait about 5 minutes for the yeast and sugar to activate.
2. In a large mixing bowl, add the olive oil, flour, salt, 1 cup of warm water and the yeast mixture. Mix this with a fork to get all

the liquid absorbed by the flour.

3. Place a handful of flour on a mixing surface. Dust your hands and spread out the flour. Empty the contents of the bowl on to the flour.

4. Knead the dough vigorously for 8-10 minutes or until the texture is smooth and uniform. If the dough seems a little sticky, add a little more flour.

One method to knead, is to lean on the dough with the palm of your hand. Press the dough to the mixing surface. Fold the dough and repeat.

5. Place the dough in a bowl and drizzle with olive oil. Place bowl in warm area and cover with a cloth.

6. Let the dough rise for about an hour. Punch down the dough and wait 30-45 minutes. Your dough is now ready.

7. Cut the dough in half (or fourths, for thin pizza).

(I usually make 4 thin pizzas with this dough recipe!)

8. Dust a rolling pin with flour and roll out on a floured surface until the dough is the desired shape. (You can omit the rolling pin and just shape the dough with your fingers.)

Cook your pizza in a 500+ degree F. oven, preferably on a preheated pizza stone. Learn to make pizza at:

pizzatherapy.com

This dough recipe, with countless tips, and pizza recipes can be found in **[The Pizza Therapy Pizza Book](#)**

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