

HealthSense High Fiber Wheat Pizza Dough with Polish by Ciril Hitz

Polish

<i>Ingredient</i>	<i>Metric</i>	<i>Pounds</i>	<i>%</i>
Bread flour	220g	7.75oz	100
Water (70° F)	220g	7.75oz	100
Yeast instant	¼ g	Pinch	0.1



Combine all of the above ingredients and blend together to a smooth consistency and cover so that no crust can form. Allow to ferment overnight at room temperature.

Dough

Final Weight
2015g (4 lbs 7 oz)

Ingredient	Metric	Pounds	Final Dough%	Overall %
Bread flour	400g	14.1oz	40	50.8
White High Fiber Flour	600g	1# 5.1oz	60	49.2
Water (80°F)	600g	1# 5.1oz	60	67.2
Instant yeast	4g	0.14oz	0.4	.3
Salt	26g	0.91 oz	2.6	2.1
Olive oil	35g	1.23 oz	3.5	2.8
Polish	440g	15.5 oz	44	

1. Mix all of the above ingredients on 1st speed for 4 minutes in a stand mixer.
2. Mix on 2nd (medium) speed for 2-3 minutes, slowly adding the savory oil.
3. Place dough in oiled container making sure that the internal dough temperature is 75° F. If it is not, place in a warm environment till that temperature is achieved.

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Ciril Hitz is a master baker and passionate instructor at the International Baking & Pastry Institute at Johnson & Wales University in Providence, RI. He's an esteemed member of the Bread Bakers Guild of America and the recipient of a number of awards recognizing his baking excellence in competition.

4. Cover and let rest for 45 minutes, then give the dough a stretch and fold.
 5. Cover and let rest for another 45 minutes, then divide the dough into 220g units.
 6. Preshape the units round. Spray with some oil and cover with plastic so that no crust can form and place in the refrigerator for later use. (Wait ideally 3 hours before baking and store the dough like this for up to 2 days.)
 7. Roll out dough to about ¼” and place toppings on the pizza. Dust a peel with flour and rice flour blend and load the pizzas into a 700°F wood-fired oven with an active fire burning. Bake for 3-6 minutes, depending on preference.
- * *Savory oil mix consists of a blend of olive oil, salt, pepper, crushed garlic and spices of your choice.*

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