

Soft Pizza Dough

From Nelson's Kitchen
Print

At home we prefer the soft pizza dough that is more typical of the Chicago-style deep pizza. In this recipe I have replaced all dairy ingredients for dairy-free ones. If you do not have a dairy restriction, you can use butter instead of shortening.

Ingredients:

- 10 ounces of water
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 tablespoons shortening,
- 2 1/2 cups flour (12 1/2 ounces)
- 1 tablespoon yeast

Procedure:

1. Preparing the dough

- If using the bread machine, put all ingredients in the pan and set it in the dough cycle.
- If using a standing mixer, put the almond milk, sugar, salt in the bowl.
- Melt the shortening, add to the milk and stir.
- Add the yeast and the flour and mix using the paddle attachment until you have a soft dough.
- Remove the paddle, cover the bowl, and let it rise for 1 hour to 1.5 hours or until it has doubled in volume.

2. Preparing the dough for the pizza

- This is a very wet dough, thus you may need to incorporate additional flour now to form individual pizzas.
- Dump the dough in a well-floured surface and punch the dough to eliminate air bubbles and knead it. Be careful to not over work the dough.
- Form the pizzas and let them rise for at least 30 minutes before topping and baking.
- Alternatively you can press the wet dough into a pan that you have been oiled with olive oil — use oils in your hands too — and let it rise in the pan.
- If you are cooking the pizza in a baking pan, pre-heat the oven to 350 F and bake the dough without any toppings for 20 minutes. Remove from the oven, add the toppings, and return to the oven.