

Pizza Dough

(combo whole wheat and white flours)

You can cook this pizza dough in the oven or, my preference, on the grill.

Mix the following together and allow to proof for about 10-15 minutes:

- 1 package yeast (2 ¼ teaspoons)**
- 1 teaspoon sugar**
- 1 cup lukewarm water**

Mix the following in a large bowl, then add the yeast mixture:

- 1 cup all-purpose flour**
- 1.5 cups whole wheat flour**
- 2 tablespoons olive oil**
- 1 teaspoon salt**

Knead the dough while slowly adding ½ cup to 1 cup additional whole wheat flour as you are kneading until it's smooth—about 8-10 minutes.

Place the dough in an oiled bowl. Cover and let rise in a warm place for 1 hour.

Meanwhile, prep your pizza toppings.

Punch down the dough and knead again using just a bit of flour.

Allow to rise again for 20-40 minutes.

Spray some olive oil on a flat surface (I use a cookie sheet) as well as rub some of your hands with it. Take a ball of dough of a size to your liking and press/stretch/roll out pizza dough to the thickness you prefer. (I roll it quite thin).
Brush with olive oil.

Cook in oven:

450 degrees using parchment dusted with **cornmeal** on a cookie sheet.

Top the pizza with your selected toppings.

Heat for 20-30 minutes or until cheese melts.

Grilling: (my preference)

Turn grill burners all on medium high.

Place the dough directly on the grate for 1-3 minutes.

Turn grill burners all on medium.

Flip it then add selected toppings. (I remove it from the heat back to the cookie sheet, put the toppings on then move it back to the grill).

Cover and cook for 5-10 minutes or until cheese melts.

This dough can also be frozen up to 3 months in fridge.

But it must be frozen AFTER it proofs/rises.

Wrap in olive oil lined plastic wrap making sure it is airtight.

You can also mix the ingredients, knead the dough ONCE and then proof it in the fridge for 24 hours.