



Whole Wheat Pizza Dough

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

48 slices (6-14" round pizzas, 8 slices each)

Serving Size: 1 slice

Ingredients

Dough

- 780 g (6 cups) whole wheat flour
- 585 g (4.5 cups) all-purpose flour
- 22 ml instant dry yeast
- 22 ml salt
- 15 ml sugar
- 1.2 L warm water
- 45 mL olive oil
- Cornmeal for the baking tray (or parchment paper)

Toppings

- 2 bell peppers, diced
- 2 zucchini, thinly sliced
- 6 handfuls baby spinach (or sliced veggies of choice)
- 1 bunch basil, sliced
- 1.5 kg shredded mozzarella

*or choose your own combinations

Pizza Sauce

- 1- 156 ml can tomato paste
- 60 ml water
- 60 ml olive oil
- 15 ml sugar
- 5 ml salt
- 5 ml basil
- 5 ml oregano

Method

Step 1

In a large bowl, mix together flour, salt, sugar and yeast.

Step 2

Stir in water and oil and knead for 5 minutes, until the dough is soft. Let it rest in an oiled bowl for 2-4 hours (or leave overnight in the fridge, covered).

Step 3

When ready to cook, preheat the oven to 450° F and divide the dough ball into 6 pieces. (If using refrigerated dough, allow a couple hours to come to room temperature).

Step 4

Sprinkle the baking tray with cornmeal and roll out dough to fit the tray.

Step 5

Mix pizza sauce ingredients together in a bowl and spread a thin layer over pizza.

Step 6

Chop and add toppings, then cheese.

Step 7

Bake each pizza for 10-12 minutes, until the crust and cheese are golden.



- Cook until internal temperature reaches 74° C for a minimum of 15 sec.
- Cooling: Cool from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.