



MFP PIZZA FLOUR

‘BLUE’

PROFESSIONAL PIZZA FLOUR

BEST PRACTICE FOR USE WITH ITALIAN THIN CRUST DOUGH

For Thin crust/New York style pizzas it's recommended that the dough is made, left to rest for 30mins - 1hr then balled and left at rt for 2-6 hrs (2 in the height of summer and up to 6 in the winter) or until almost doubled in size then stored in the fridge for a minimum of 24 hours up to 2/3 days.

This flour makes the dough well suited to being stored in the fridge where it can be kept for up to 2/3 days at a maximum of 4°C, making it ideal for pizzerias who wish to cut down on preparation time.

HYDRATION

The optimum hydration for Italian thin crust pizza with this flour is between 59-62% hydration.

SALT

For any pizzerias working on 24hrs of fermentation we recommend between 2.5% salt and 3 %

YEAST

The fresh yeast content we recommend is between 1.5gr (summer season) and 3gr (winter season) per kg flour

Dried yeast is between 1gr (summer season) and 2gr (winter season)

P.S: The aprox yeast content quantity is just a suggestion and you should take action on yeast quantity if after the first batch your dough is not how you were expecting, because the yeast is a living microorganism and its metabolism is affected by temperature. If you run a pizzeria you're the only one that knows the enviroment temperature and you should adjust it depending on that (i.e. overproved dough decrease yeast content by 20% and not proved dough increase from the quantity used from previous batch)

MIXING - Flour first Method

FINAL DOUGH TEMPERATURE: 23/25°C | CLOSER TO 21°C IN SUMMERTIME

METHOD

Divide the water into 2 jugs

Jug 1 90%

Jug 2 10%

Add all the flour and yeast into the mixer and turn on for 2 mins to allow the flour to aerate.

With the mixer running, with a slow and steady stream add the water down the centre of the mixer (down the breaker bar) once you have added 2/3rds add the rest down the sides (you want to have all the 90% incorporated within the first 3 mins)

Once the dough comes together (pumpkin starts to form) start adding in the remaining 10% of the water. 5 mins before the end add the salt.

Mixing time should be about 15-20 minutes (it depends on the type of mixer)

Transfer the dough from the mixer to the plastic containers and allow it to rest covered in an airtight lid for 30 mins- 1hr at room temperature.

Once the dough has rested, cut the dough into the required size. Transfer the doughballs into plastic dough trays and allow them to rest 2-6 hrs (2 in the height of summer and up to 6 in the winter) or until almost doubled in size then store in the fridge for a minimum of 24 hours up to 2/3 days.

Note: it is important to take the dough out of the fridge and allow it to come to room temperature before it is baked.

MIXING - Water First Method

FINAL DOUGH TEMPERATURE: 23/25°C | CLOSER TO 21°C IN SUMMERTIME

METHOD

To start add 90% of the water and the yeast into the mixer, allow the two to mix until the yeast is dissolved. Slowly add 50% of the flour in. Allow this to mix briefly. Continue to let the mixer incorporate the ingredients and gradually add the rest of the flour. Once the dough starts to come together after about 6-7 minutes add in the salt and half of the remaining water, once the salt has been incorporated gradually add the rest of the water.

Mixing time must be about 15-20 min (it depends on the type of the mixer)

Finally ensure the dough has a good consistency and turn off the mixer. We suggest allowing the dough to rest for 10 mins then mix again for 2-3 revolutions and remove from the mixer

Transfer the dough from the mixer to the plastic containers and allow it to rest covered in an airtight lid for 30 mins- 1hr at room temperature.

Once the dough has rested, cut the dough into the required size. Transfer the doughballs into plastic dough trays and allow them to rest 2-6 hrs (2 in the height of summer and up to 6 in the winter) or until almost doubled in size then store in the fridge for a minimum of 24 hours or up to 2/3 days.

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