



# MFP PIZZA FLOUR 'RED'

## PROFESSIONAL PIZZA FLOUR BEST PRACTICE FOR NEAPOLITAN USE

Red is a versatile strong flour that can suits different styles of pizza. Also the different blend of grains makes it suitable for biga (preferment/starter) and long fermentation processes

For Neapolitan pizzas it's recommended that the dough is double fermented; initially as a bulk for 24 hours followed by a further 6/8 hours in balls before use at room temperature

Due to the strength of this flour the dough it's well suited to being stored in the fridge where it can be kept for up to 3/4 days at a maximum of 4°C, making it ideal for pizzerias that wish to cut down on preparation time.

### HYDRATION

The optimum hydration for Italian neapolitan pizza with this flour is between 62-65% hydration.

### SALT

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

### YEAST

The fresh yeast content we recommend is between 0.8 (summer season) and 2gr (winter season) per kg flour

Dried yeast is between 0.5gr (summer season) and 1gr (winter season) for bulk fermented dough

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 who 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:  $2/2^{\circ}\text{C}$  | CLOSER TO  $20^{\circ}\text{C}$  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  $2/3$ rds 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 the mixer)

Transfer the dough from the mixer to the plastic containers and allow it to rest covered in an airtight lid for 18-24hrs at room temperature (16/18 degrees). Do not leave dough containers near the pizza oven.

Once the dough has rested, cut the dough into size as required. Transfer the doughballs into plastic dough trays and allow them to rest for 6 hours before using.

Alternatively allow them to rest for 1-2hrs in the summer or 2-4 hours in the winter then store them in the fridge at a maximum of 4°C for up to 3/4 days.

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

## **MIXING - Water First Method**

FINAL DOUGH TEMPERATURE: 21/22°C | CLOSER TO 20°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 (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 minutes 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 18-24hrs at room temperature (16/18 degrees). Do not leave dough containers near the pizza oven.

Once the dough has rested, cut the dough into size as required. Transfer the doughballs into plastic dough trays and allow them to rest for 6 hours before using. Alternatively allow them to rest for 1-2hrs in the summer or 2-4 hours in the winter then store them in the fridge at a maximum of 4°C for up to 3/4 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.

16 KG

# MARCO'S FAVOURITE RECIPE

- 1kg of Red pizza flour
- 30gr salt
- 620/650ml of chilled water depending on your skills
- Yeast as suggested above.

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