



# **MFP PIZZA FLOUR** **'BLUE'** **PROFESSIONAL PIZZA FLOUR**

## **BEST PRACTICE FOR NEAPOLITAN USE**

For Neapolitan pizzas it's recommended that the dough is double fermented; initially as a bulk for 18-24 hours followed by a further 6hrs in balls before use.

*Blue*

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

## **HYDRATION**

The optimum hydration for Neapolitan pizza with this flour is between 63-67% hydration.

## **SALT**

For any pizzerias working on 24hrs of fermentation we recommend 2.5% salt and 3% for 48hrs and over.

# MIXING - Flour first Method

FINAL DOUGH TEMPERATURE: 20/21°C | ESPECIALLY 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.

Total mixing time should be about 12-15mins depending on the type of mixer and batch size.

Finally ensure the dough has a good consistency and turn off the mixer.

(We would normally suggest allowing the dough to rest for 5 mins then mix again for 2-3 revolutions and remove from the mixer, but this step is not necessary with the flour.)

Transfer the dough from the mixer to the plastic containers and allow it to rest covered with clingfilm 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 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.

## **MIXING - Water First Method**

FINAL DOUGH TEMPERATURE: 20/21°C | ESPECIALLY 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 12-15 (it depends on the type of the mixer).

Finally ensure the dough has a good consistency and turn off the mixer.

(We would normally suggest allowing the dough to rest for 5 mins then mix again for 2-3 revolutions and remove from the mixer, but this step is not necessary with this flour.)

Transfer the dough from the mixer to the plastic containers and allow it to rest covered with clingfilm 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.

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