

Pizzeria Paradiso Brewer's Grain Pizza Dough

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INGREDIENTS:

- 1 ¼ cups warm water
- 1 teaspoon dry active yeast
- 1 tablespoon kosher salt
- 2 tablespoons olive oil
- ¾ cup spent grain (or other cooked grain of choice)
- 15 ounces whole wheat flour

METHOD:

Place the water in the bowl of an electric mixer. Dissolve the yeast in the water and let stand for 5 minutes.

Whisk the salt, oil and grain into the water mixture. Add the flours and place the bowl on the mixture. Using the dough hook attachment, mix on the lowest speed until a rough dough is formed. Raise the speed of the mixer to medium.

Knead the dough until it has a smooth and elastic texture, about 5 minutes. To test the dough, turn off the machine and press the dough with your fingertip. When it begins to spring back, the dough is fully kneaded and ready to rise.

Cover the bowl with plastic wrap. Let the dough rise until doubled in size, about 1 hour at room temperature or overnight in the refrigerator.

Turn the dough out onto a generously floured work surface. Cut into 2 equal pieces. Dust your hands with flour and shape each piece into a ball.

Place the dough balls on a floured plate and cover with plastic wrap. Let them rise until doubled in size, about 1 hour at room temperature, or refrigerate for 6 hours or overnight. (At this point, the dough may be frozen. When ready to use, thaw overnight in the refrigerator.) Allow refrigerated dough to stand at room temperature for 1 hour before using.

