

This is the exact recipe used at every Pizza Dojo dinner and workshop. Use the dough calculator at pizzadojo.in/workshop.html to scale to any quantity.

The Recipe

Makes 2 dough balls at 180g each

Ingredient	Grams	Baker's %
00 Flour	247g	100%
Water (room temp)	163g	66%
Salt	6g	2.5%
Active Dry Yeast	1g	0.4%
Olive Oil (optional)	4g	1.5%

Oil is optional. If using, add 1.5% of flour weight when kneading.

The Steps

- 1 Mix water and ADY together in a bowl

- 2 Rest for 10 minutes

- 3 Add flour to the water and yeast mixture

- 4 Knead for 10 minutes

- 5 Cover and rest for 5 minutes

- 6 Add salt and knead for 10 minutes

- 7 Add oil and knead until fully absorbed

- 8 Cover and rest for 20 minutes

- 9 Portion into equal dough balls and let rise until doubled in size

Storage

Airtight containers are always preferred. Here is how to handle your dough at each stage.

Same day

- Ball into portions and place in an airtight container
- Leave at room temperature until doubled in size
- Ready when the dough springs back slowly when gently poked

Cold proof (24–36 hours)

- Ball into individual portions
- Place each in a lightly oiled airtight container
- Refrigerate for 24 to 36 hours
- Remove 2 hours before baking and bring fully to room temperature
- Dough should have doubled in size and feel soft and airy before stretching

Freezing

- Ball into individual portions
- Place each in a zip lock bag with a drizzle of olive oil — seal tightly
- Freeze immediately · Holds well for 3 to 4 months

Using frozen dough

- Thaw in the refrigerator overnight
- Next morning bring fully to room temperature
- If too wet, dust lightly with flour and knead briefly
- Reball and wait until doubled in size before using