

LITTLE RED HEN

Upinngil Home Bakery

www.upinngil.com

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Upinngil Whole Grain

Pizza Dough

Makes 3 medium or 2 large pizzas.

Dough can be frozen for up to 2 weeks.

Directions:

Warm Water	3 cups
Active Dry Yeast	2 tbs.
Upinngil Whole Grain Wheat Flour	4 cups
Olive oil	1/2 c.
Salt	1 tbs. + 1 tsp.
Sugar (or other sweetener)	2 Tb.
Basil, fresh chopped or dried	1 tsp.
Oregano, fresh chopped or dried	1 tsp.
White All-Purpose or Bread Flour	3c. - 5c.

Dissolve yeast in warm water in **large** mixing bowl. Stir in whole grain wheat flour. Then add olive oil, salt, sugar, and herbs. Stir well. Let sit 2 hours, at room temperature.

Add 3 c. white flour, stir, adding more flour until dough is dry enough to hand knead, add more white flour if sticky. Knead until dough forms a cohesive ball. Let rise in bowl, covered, in a warm place for 1-2 hours.

Transfer onto a well floured surface. Divide dough evenly into two or three balls, let rest for 10 min., freeze some, wrapped in plastic, if desired. Roll out or toss to fit pans. Add toppings. Let rise. Pre-heat oven to 400F. Bake 20-30 minutes depending on density of toppings.

Enjoy!