



Dough Pulled Prosciutto Pizza

READY IN



1035 min.

SERVINGS



6

CALORIES



1304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 tablespoon active yeast* see cook's note dry
- 1 cup balsamic vinegar
- 1 cup pizzeria flour for dusting all-purpose plus more (recommended: caputo 00 pizzeria flour or blend 50/50 king arthur bread and flour)
- 2 carrots coarsely chopped
- 2 celery stalks cleaned coarsely chopped
- 2 ounces fontina grated
- 1 sprig rosemary fresh
- 1 tablespoon granulated sugar

- 1 cup heavy cream
- 1 leek trimmed
- 0.3 cup salt-cured olives black
- 1 cup olive oil extra-virgin
- 2 tablespoons olive oil
- 6 servings parmagiano-reggiano cheese as needed grated
- 2 pound pancetta (recommended: Prosciutto di San Daniele)
- 1 onion red peeled
- 6 servings salt
- 6 servings salt and pepper black freshly ground
- 6 servings sea salt
- 5 tablespoons butter unsalted
- 0.3 cup water
- 0.3 cup water filtered
- 1 gallon water
- 0.5 cup white wine (recommended: Amaise)
- 0.3 cup garlic whole peeled
- 2 onions yellow coarsely chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- sieve
- plastic wrap
- pizza stone

Directions

- Watch how to make this recipe.
- For the dough: Mound the flour on a work surface and form a well in the center. Warm the filtered water to 90 degrees, dissolve the yeast and set aside for 15 minutes.
- Add the salt to the well along with half the yeast mixture. Working from the center outward, pull the sides of the well into the center until all the flour is incorporated (the mixture will be sticky). Continue to mix the dough and add the remaining yeast in increments until all the yeast mixture is incorporated. Knead the dough until it is elastic, silky and no longer sticky.
- Add pinches of flour if necessary to reduce the stickiness but do not add too much or the dough will be dry. Knead the dough for 15 minutes.
- Shape the dough into a ball and put the dough in a bowl covered with a damp cloth.
- Let the dough rise at room temperature for 1 hour. Punch the dough down, press out most of the air and shape it back into a ball.
- Let the dough rise for an additional 3 hours. Punch the dough down, form it into a ball and refrigerate for 24 to 36 hours to "retard" on a sheet tray covered with plastic wrap. When ready, let the dough warm to room temperature for at least 30 minutes before using.
- Add the prosciutto end, carrots, celery, onion and garlic to a stockpot and cover with 1 gallon cold water. Bring to a boil, reduce the heat and simmer for 2 hours. Allow the prosciutto to cool in the liquid for 1 hour (it should be fork tender).
- Remove the prosciutto, pull the pork, discard half of the outer skin and mix the rest in with the pulled prosciutto.
- Cut the tops off the leek to the tender part of the leek.
- Cut the leek in half, top to bottom. Rinse the leek well in cool water to remove all the dirt.
- Cut the leek into 1/4-inch half-moons.
- Saute the leeks on medium heat in a large saucepot with the butter until very tender, 30 to 40 minutes, stirring as needed. When the leeks are dry, deglaze with the wine and reduce until almost dry.
- Add the cream and reduce until almost dry. Season with salt and pepper. Allow to cool before adding to the pizza.
- Heat a large saute pan on medium-high heat. Coat the bottom of a pan with the oil, then add the onions and stir to coat.

- Add the sugar and some salt to taste.
- Saute the onions until beginning to brown, 10 to 15 minutes.
- Add 1/4 cup water and cook until evaporated, stirring occasionally.
- Add the balsamic vinegar and reduce until the onions lose their crunch and the pan is dry. Allow to cool before topping the pizza.
- For the cured black olives: In a large stockpot, bring 1 gallon water to a boil.
- Add the olives to a strainer and dip 5 to 6 times in the boiling water to remove the excess salt. Meanwhile, heat the extra-virgin olive oil on medium heat in a saucepan.
- Add the fresh rosemary and heat in the oil until just fragrant.
- Remove the pan from the heat and add the olives to the rosemary oil. Allow to cool at room temperature to marinate. Marinate the olives overnight to pick up the rosemary flavor.
- Place a pizza stone in the oven and preheat to 550 degrees F.
- Let it heat for at least 30 minutes.
- Form the dough into a 12-inch disk with plenty of bench flour (make sure the dough is the same thickness throughout, especially the center).
- Place on a pizza peel dusted with flour and spread the melted leeks onto the dough evenly, leaving a 1-inch border around the outside.
- Evenly spread 2 ounces grated fontina cheese, 3 ounces pulled prosciutto and about 1 ounce caramelized onions over the pizza. Scatter 8 rosemary-marinated salt-cured olives.
- Sprinkle with a little Parmigiano-Reggiano. Slide the pizza onto the hot stone and bake until the cheese melts and the crust starts to char, 3 to 5 minutes.
- Remove the pizza from the oven and slice into 6 pieces.
- Serve immediately.

Nutrition Facts

PROTEIN 11.67% **FAT 75.43%** **CARBS 12.9%**

Properties

Glycemic Index:81.82, Glycemic Load:19.81, Inflammation Score:-10, Nutrition Score:29.511303860208%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 1303.67kcal (65.18%), Fat: 107.64g (165.6%), Saturated Fat: 43.79g (273.68%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 38.6g (14.04%), Sugar: 14.13g (15.7%), Cholesterol: 201.06mg (67.02%), Sodium: 2110.1mg (91.74%), Alcohol: 2.06g (100%), Alcohol %: 0.23% (100%), Protein: 37.48g (74.96%), Vitamin A: 4926.06IU (98.52%), Selenium: 48.26µg (68.95%), Phosphorus: 559.43mg (55.94%), Calcium: 522.58mg (52.26%), Vitamin B1: 0.72mg (47.97%), Vitamin B3: 8.04mg (40.21%), Vitamin B6: 0.68mg (34.01%), Vitamin B2: 0.48mg (28.52%), Manganese: 0.53mg (26.45%), Vitamin E: 3.6mg (24.02%), Zinc: 3.59mg (23.91%), Vitamin B12: 1.36µg (22.64%), Folate: 79.29µg (19.82%), Vitamin K: 20.74µg (19.75%), Potassium: 664.67mg (18.99%), Magnesium: 68.64mg (17.16%), Iron: 2.96mg (16.46%), Copper: 0.3mg (15.24%), Vitamin B5: 1.48mg (14.81%), Fiber: 2.82g (11.29%), Vitamin C: 9.1mg (11.03%), Vitamin D: 1.62µg (10.81%)