



## No-Knead Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon yeast dry
- ☐ 1000 grams flour all-purpose plus more for shaping dough
- ☐ 4 teaspoons sea salt fine

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

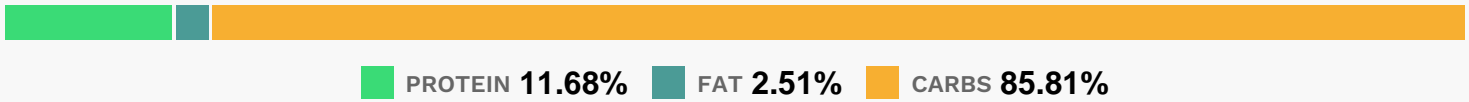
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ broiler
- ☐ kitchen towels
- ☐ pizza stone

## Directions

- ☐ Whisk flour, salt, and yeast in a medium bowl. While stirring with a wooden spoon, gradually add 3 cups water; stir until well incorporated.
- ☐ Mix dough gently with your hands to bring it together and form into a rough ball.
- ☐ Transfer to a large clean bowl. Cover with plastic wrap and let dough rise at room temperature (about 72°F) in a draft-free area until surface is covered with tiny bubbles and dough has more than doubled in size, about 18 hours (time will vary depending on the temperature in the room).
- ☐ Transfer dough to a floured work surface. Gently shape into a rough rectangle. Divide into 6 equal portions. Working with 1 portion at a time, gather 4 corners to center to create 4 folds. Turn seam side down and mold gently into a ball. Dust dough with flour; set aside on work surface or a floured baking sheet. Repeat with remaining portions.
- ☐ Let dough rest, covered with plastic wrap or a damp kitchen towel, until soft and pliable, about 1 hour. DO AHEAD: Can be made 3 days ahead. Wrap each dough ball separately in plastic wrap and chill. Unwrap and let rest at room temperature on a lightly floured work surface, covered with plastic wrap, for 2–3 hours before shaping.
- ☐ During the last hour of dough's resting, prepare oven: If using a pizza stone, arrange a rack in upper third of oven and place stone on rack; preheat oven to its hottest setting, 500°F–550°F, for 1 hour. If using a baking sheet, arrange a rack in middle of oven and preheat to its hottest setting, 500°F–550°F. (You do not need to preheat the baking sheet.)
- ☐ Working with 1 dough ball at a time, dust dough generously with flour and place on a floured work surface. Gently shape dough into a 10"–12" disk.
- ☐ When ready to bake, increase oven heat to broil.
- ☐ Sprinkle a pizza peel or rimless (or inverted rimmed) baking sheet lightly with flour.
- ☐ Place dough disk on prepared peel and top with desired toppings.

- ☐ Using small, quick back-and-forth movements, slide pizza from peel onto hot pizza stone. Broil pizza, rotating halfway, until bottom of crust is crisp and top is blistered, 5–7 minutes.
- ☐ Using peel, transfer to a work surface to slice. Repeat, allowing pizza stone to reheat under broiler for 5 minutes between pizzas.
- ☐ Arrange dough disk on baking sheet; top with desired toppings.
- ☐ Bake pizza until bottom of crust is crisp and top is blistered, about 10 minutes.
- ☐ Transfer to a work surface to slice. Repeat with remaining pizzas.
- ☐ Add this traditional pizza herb just before serving. Arugula: For a fresh hit, scatter some over the pie when it comes out of the oven. Don't Forget... Thinly sliced garlic, red pepper flakes, and sea salt can make a good pizza great.

## Nutrition Facts



## Properties

Glycemic Index: 12.5, Glycemic Load: 92.01, Inflammation Score: -7, Nutrition Score: 23.160869625599%

## Nutrients (% of daily need)

Calories: 607.51kcal (30.38%), Fat: 1.65g (2.54%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 127.29g (42.43%), Net Carbohydrates: 122.72g (44.63%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 1553.79mg (67.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.64%), Vitamin B1: 1.34mg (89.12%), Selenium: 56.52µg (80.75%), Folate: 311.07µg (77.77%), Manganese: 1.14mg (57.07%), Vitamin B3: 9.94mg (49.72%), Vitamin B2: 0.83mg (49.04%), Iron: 7.75mg (43.07%), Fiber: 4.57g (18.28%), Phosphorus: 181.65mg (18.17%), Copper: 0.24mg (12.12%), Magnesium: 36.85mg (9.21%), Zinc: 1.19mg (7.94%), Vitamin B5: 0.76mg (7.65%), Potassium: 181.13mg (5.18%), Vitamin B6: 0.08mg (3.86%), Calcium: 26.04mg (2.6%)