

Whole Wheat Pizza Dough

On the grill or in the oven; you may never order out for pizza again!

Ingredients for Whole Wheat Pizza Dough:

1 packet yeast (2 1/2 teaspoons)
1 tsp light brown sugar
2 tsp sea salt
2 tbsp olive oil
1 1/2 cups heated tap water
1 - 2 cups whole wheat flour
1 - 2 cups unbleached, all-purpose flour
cornmeal, flour for rolling

Equipment:

Electric Mixer with Dough Hook
Kitchen thermometer
wood board
rolling pin

**Directions:**

1. Heat water to 110-120 degrees (F).
2. Add sugar to the mixing bowl and dissolve with heated water. Sprinkle yeast into sugar-water. Let rest about 2 minutes, allowing yeast to activate.
3. Stir and add olive oil and salt. Mix 1 minute.
4. Begin adding flour 1/2 cup at a time with mixer running on low-speed. You may not need all 4 cups of flour.
5. When dough is sticky yet firm, oil hands with a little olive oil and pull dough from hook.
6. Knead dough into a ball and place in an oiled bowl.
7. Loosely cover with plastic wrap and a towel. Allow to rest for 45 minutes or until doubled in size.
8. Punch down dough and knead. Reshape into a ball and allow to rest an additional 20 minutes. Dough will rise again, this time more quickly.
9. Sprinkle board with cornmeal. Divide dough into portions. This recipe makes 6, 8 inch pizzas or 10, 5 inch pizzas.
10. Shape and roll dough to desired thickness for pizzas.
11. Bake or grill according to the following directions.

Baking Pizzas:

Place a baking sheet or pizza stone on the lower rack of your oven and preheat to 450(F).

Place **prepared** pizzas on sheet or stone and bake for 8 -12 minutes depending on the size of your pizzas. The toppings will be melted and bubbling and the edges of the crust will be golden brown.

Grilling Pizzas:

Preheat grill to **medium, medium-high**. Place pizza dough on the grill, **cornmeal side up**. The key to grilling pizza is not having the grill too hot and not having the layer of sauce, cheese and toppings too thick.

Rotate the pizza crust, grilling until golden. Turn the pizza crust over (cornmeal side down) and top however you like. To facilitate cheese melting, use a metal bowl to cover pizzas and melt cheese.

If the grill is too hot and bottom crust gets dark too quickly, remove from grill and finish under the oven broiler. Place a baking sheet or pizza stone in the oven and preheat to 500(F). Place pizza under the broiler to melt toppings.

Freezing Dough:

To freeze leftover dough, after the second rise, section into balls and wrap with plastic wrap. Place into an airtight container.

To use, thaw dough in the refrigerator, 4-8 hours depending on size of dough portions. Shape into pizzas and cook as you normally would.