



Peggy's Adapted "Hearth Bread Pizza" Recipe*

One batch will make 3 thin, or 2 thick, 12-inch shells. (I make one 16-inch pizza.)

- 1 $\frac{3}{4}$ (plus 2 tablespoons) cups warm water
- 1 tablespoon sugar
- 1 packet or tablespoon active dry yeast
- (5 $\frac{1}{2}$) cups whole grain sprouted wheat flour
- $\frac{1}{4}$ cup olive oil
- 1 tablespoon salt

Preparing the dough: Pour the water into a mixing bowl and dissolve in it the sugar and the yeast. When the yeast is active, add your first cup of flour, then the oil and salt. Add another (4) cups of flour, mixing with a large spoon (Too much work. I use my Kitchenaid mixer). until the dough comes away from the sides of the bowl and holds together.

Kneading: Sprinkle the last $\frac{1}{2}$ cup of flour onto your kneading surface. Turn out the dough and knead until it begins to feel as if it really belongs together, adding only enough flour to keep it from sticking to the board or you. (Again, I let my Kitchenaid do most of the work). Let it rest while you clean the grease your bowl. Continue kneading the relaxed dough until it feels smooth and springy (I do this step by hand).

Rising: (I use the Full Rise option. The recipe offers 3 options). Form the dough into a nice ball, place it in the greased bowl, turning it so the top is lightly greased also. Cover it and put it where it will be warm and cozy. Let this rise until it is doubled.

Shaping the Dough: (The recipe offers several ways to do this). I punched down the dough and rolled it out to almost fit my 16" pan. I transferred the dough to my greased pizza pan and used my fingers to stretch it across the remainder of the pan.



Preheating your oven: (I use the later option. The recipe again offers 3 options). For the lightest, crunchiest crust, this is the best choice. Let your pizza rise for 15-30 minutes after you've decorated it. Preheat oven to 475 degrees for at least 15 minutes before you bake.

Decorating the Dough: Somewhere in the recipe it suggested brushing the dough with olive oil before decorating it to keep the sauce from making the crust soggy. This works well for me. Put your favorite "stuff" on your pizza.

Baking the Pizza: The best way to bake pizza is on a pizza stone or quarry tiles (I use a pizza stone placed on the bottom of my oven with all racks removed). This makes the crust crisp and brown. If you don't have either of these, place the pizza on the lowest rack of your oven to bake. Check it after 5 or 10 minutes of baking and lower the temperature to 450 degrees if it is browning too quickly. After taking your masterpiece out of the oven, let it cool to solidify the cheese a bit. This also makes cutting easier and sometimes prevents burned tongues.

** (Adapted from the original recipe found on page 176 of The King Arthur Flour 200th Anniversary Cookbook, 1990). Changes to the books original recipe are indicated by ().*