New York Pizza Dough

BREADS & DOUGHS

YIELD	ACTIVE	TOTAL	PER SERVING
3 balls, ≈484 g each (16 in pies)	25 min	3 days + 3–5 h warm-up	1,151 kcal · 2,841 mg Na · 38 g protein

EQUIPMENT
Stand mixer + dough hook · Scale, 0.01 g for the yeast · 3 quart deli containers

#	INGREDIENT	MASS	VOLUME	PROCEDURE
DAY 1				
1	Water*, ice-cold, ≈40 °F* Active dry yeast*, weigh it*	529 g 3.41 g	2¼ cups ≈¾ tsp	Chill the water in the fridge, or use ≈20 % ice and weigh it. Stir the yeast into the water in the mixer bowl.
2	Bread flour, King Arthur Olive oil, extra-virgin	853 g 28 g	≈7 cups 2 tbsp	Add the flour and oil. Mix on low until shaggy, ≈2 min.
3	Kosher salt, Morton Granulated sugar	21.3 g 17 g	≈4½ tsp 4 tsp	Add the salt and sugar. Knead on speed 2 until smooth and elastic, 8–9 min more (10–11 total). Keep the dough under 70 °F.
4				Cover and rest at room temp, 1–3 h.
5				Divide into 3 pieces of ≈484 g. Ball tightly and pinch the seams shut. Into lightly oiled containers, lids on, into the fridge.
DAYS 2–4				
6				Cold ferment 3 days (2–4 is fine). Bake day: take the balls out 3–5 h before stretching, still covered, until soft and relaxed.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Active dry yeast	3.41 g	11	2	1
Bread flour, King Arthur	853 g	3,128	—	114
Olive oil, extra-virgin	28 g	248	1	—
Kosher salt, Morton	21.3 g	—	8,520	—
Granulated sugar	17 g	66	0	—
Total		**3,452**	**8,523**	**115**
Per serving (1/3)		**1,151**	**2,841**	**38**

Nutrition: USDA FoodData Central: SR Legacy (sugar, olive oil, active dry yeast) and Branded Foods labels (King Arthur Unbleached Bread Flour, Morton). Water not counted.

NOTES

- Baker's %: flour 100, water 62, salt 2.5, sugar 2, oil 3.3, active dry yeast 0.4, exactly Dough Guy's. The sugar is his "secret": it browns the crust in a home oven.
- Not yeasty: very little yeast and 3 days cold. The flavor comes from slow fermentation, not the yeast.

Source: Dough Guy (Sam Cagle), half his 6-ball batch