

Whole Wheat Pizza Crust

1 cup lukewarm water
1 tbsp. olive oil
1 cup whole wheat flour
2 cups white flour
1 packet active dry yeast
1 tbsp. sugar
1 tsp. salt

In a mixing bowl, combine the lukewarm water and 1 cup of the white flour. Add the yeast, sugar, salt, and oil. Whisk together to make a spongy dough. Let sit for 10 to 15 minutes.

Add the remaining 2 cups flour and stir with a wooden spoon (I used the dough hook on my stand mixer). When the dough becomes thick enough, knead it by hand for 6 to 8 minutes (again, with the dough hook) until it reaches the consistency of soft baby skin. Place in a floured bowl and let rise for 45 minutes to 1 hour.

Once the dough has risen and doubled in size, the dough is ready to be formed. Place the dough on a lightly floured surface. Sprinkle flour over the dough and on the rolling pin. Roll out the dough to the desired size.

Bake the crust for 8 minutes at 350 degrees. Remove from oven and load with toppings. Bake the full pizza for another 8 to 10 minutes. Slice and serve.

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