



Jay's Signature Pizza Crust

Recipe Source: www.allrecipes.com

Yield: 2 pizza crusts

Ingredients:

- 2 ¼ tsp active dry yeast
- ½ tsp brown sugar
- 1 ½ cups warm water (110°F)
- ½ tsp salt
- 2 Tbsp olive oil
- 1 ¾ cup whole wheat flour
- 1 ½ cup white all-purpose flour

Steps:

- In a large bowl, dissolve the yeast and brown sugar in the water and let sit for 10 minutes until foamy. This is called proofing the yeast. (If it doesn't foam, your yeast may be old or your water was too hot.)
- Whisk the salt and oil into the yeast mixture. With a wooden spoon, mix in all the whole wheat flour and 1 cup of the white flour until flour is mostly incorporated.
- Turn dough onto a clean, well-floured surface, and knead in more flour, a couple of Tablespoons at a time, until the dough is no longer sticky.
- Place the dough into a well-oiled bowl, and cover with a cloth. Let the dough rise until doubled, about 1 hour.
- Punch down the dough, and form a tight ball. Allow the dough to relax a minute before rolling out to fit your pan.
- To prepare the pizza, have your sauce and favorite toppings ready. Preheat the oven to 450°F. If you are baking the pizza on a stone, you may top your pizza and bake immediately. If you are baking in a pan, lightly oil the pan and let the dough rise in the pan 15-20 minutes before topping and baking.
- Bake pizza in preheated oven until the cheese and crust are golden brown, about 15-20 minutes.

Tips from the Test Kitchen: If using a pan, you can also bake the crust alone for about 10 minutes until just firm before topping. After putting on your sauce and toppings, finish baking for the remainder of the time. This can keep your crust from getting soggy if you use a lot of toppings.

Nutritional Facts (per pizza crust): Calories: 866, Carbohydrates: 153 grams, Protein: 28 grams, Total Fat: 18 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 596 mg, Fiber: 15 grams, Total Sugars: 2 grams.