Perfect 36-Hour Pizza Dough – Simple and Delicious with Hofer Flour

In this recipe I'll show you how to make a fantastic 36-hour pizza dough with Hofer's "HAPPY HARVEST Weizenmehl Typ 480" wheat flour. The process starts with a 2-hour bulk fermentation at room temperature, followed by a 30-hour final proof of the dough balls in the fridge, and ends with 4 hours of acclimatizing. The result is a beautifully balanced dough that gives every pizza that special something.



PREP	BAKE	RESTING	TOTAL
30 min	2 min	36 h	36 h 32 min

Ingredients

for 6 pizzas

- [ ] 1 kg — HAPPY HARVEST wheat flour Type 480
- [ ] 650 g — water – *fridge-cold*
- [ ] 28 g — sea salt – *fine*
- [ ] 1.5 g — fresh yeast – *frozen*

Method

1. First, put the flour into the mixer and briefly combine it on the lowest speed. Then add about two thirds of the water while increasing the mixer to medium speed. At this point, add the fresh (frozen) yeast.
2. Once the water has combined with the flour, add the rest of the water a little at a time until it's fully worked into the dough. When all the water is in, turn up the speed of the mixer. As soon as the dough starts to smooth out, add the fine sea salt and keep kneading until the dough is smooth and no longer sticky.
3. Then take the dough out of the bowl, build up tension with the stretch and fold technique and place it in a bowl greased with olive oil for the bulk fermentation. Let the dough rest for about 30 to 40 minutes before giving it another round of stretch and fold.
4. Leave the dough at room temperature for roughly another 1.5 hours of bulk fermentation. After two hours in total, take it out of the bowl and get it ready for the final proof, as described in the original Neapolitan pizza dough recipe.

5. The final proof then happens in oiled meal prep boxes in the fridge for around 30 hours. After about 32 hours in total (bulk fermentation plus final proof), take the dough balls out of the fridge and let them acclimatize for around four hours.
6. Take the dough balls out of the fridge and let them acclimatize at room temperature for around 4 hours.
7. After a total of around 36 hours, the dough is ready to bake.

Photos, tips & questions
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