



# Instructions for using your pizza dough

Your dough balls will probably be semi-frozen, (or thawed in very warm weather) when they arrive with you. They should still be chilled and can be safely frozen at this stage without affecting the quality of your pizza.

## 1. Thaw

- If you plan to use them some other day, then simply pop the doughballs into your freezer just as they are in their wrappers.
- If you are using them today (we know how it feels) simply allow them as long as possible to reach room temperature and prove before you cook. You will likely need at least 8+ hours for this.
- It is best to remove the doughballs from their wrappers before they have thawed, but you don't want them to dry out or form a crust. Lay them out on a shallow proving tray, lightly mist with water and ensure the lid is well sealed.
- Ideally, let them thaw in your fridge for 24-48 hours, or 3 days maximum. 48 hours is peak. They may start to grow a little in the fridge, depending on how cold it is.

## 2. Reshape

- To strengthen the gluten and **give a better rise to the crust** later, oil your hands and reshape the dough into neat little balls and place them back in the proving tray and cover as before.
- You can lightly oil the proving tray and the doughballs to make it easier to separate them later.
- **Do not try and reshape while still semi frozen as you will tear the gluten and kill your crust later**

## 3. Prove

- Our different dough types have different proving times, the Pro can take 8-12 hours and the Blend around 3-4 hours, at normal room temperature of 20 C. **It is possible to use them with shorter (half) proving times**, but its worth waiting!
- Once the balls have roughly doubled in size they are ready to stretch.
- NOTE Proving times are not an exact science and in winter it may take significantly longer to prove than in warm weather. If are worried they are over-proving, simply return to the fridge until 30 mins before you want to cook.
- Waste nothing! If you find you have leftover dough at the end of the meal, you can re-form them into tight balls and keep them in the fridge for use the following day. They will need to re-prove at room temperature again before cooking.