

Instructions & Ingredient Info

Virtue Premium Pizza Dough

Storage

- Your dough balls will arrive frozen. If they have softened for any reason, they will still be fine, but should be kept separated while they re-freeze.
- Unless you are using the doughballs in the next 3 days, transfer them into your freezer just as they are and they will keep for up to 9 months. Keep the bag tightly closed in the freezer.

1. Thaw & Cold Prove

- Lay the doughballs on a lightly oiled proving tray, allowing room for them to expand, lightly mist with water and ensure the tray is well sealed with a lid or clingfilm
- Cold prove in the fridge for 24-72 hours. They will start to grow the longer they are in the fridge.

2. Reshape after 24 hours

(You can skip this step, but its worth it for very best results)

- To strengthen the gluten and give a better rise to the crust later, reshape the dough into neat balls by drawing them with cupped hands across a clean worksurface and place them back in the covered proving tray as before.
- Do not try and reshape while still semi frozen as you will tear the gluten and kill your crust later

3. Final Prove

- The dough now needs time at room temperature to reach double their original size before its ready to cook with, which will be around 2-4 hours, depending on the ambient temperature.
- If are worried they are over-proving, for example in very hot weather, simply return to the fridge until 30 mins before you want to cook.

Quick Method!

Thaw and prove in proving trays as above, but at room temperature, until double their original size - approx 8-10 hours, depending on ambient temperature.

Ingredients (allergens in bold)

Wheat flour, water, salt, vegetable oil, yeast, **barley** malt flour. May contain traces of **Soya, Mustard, Sesame** Seeds

Nutritional information (g / 100g): Fat 31.8, Saturates 0.3, Carbohydrate 47, Sugars 0.5, Fibre 2.6, Protein 6.8, Salt 1.4, Energy (kcal) 239, Energy (kJ) 1028