

Instructions & Ingredient Info

Virtue Sourdough Blend 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.
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1. Thaw & Cold Prove

- Lay the doughballs on a plain proving tray, allowing room for them to expand, lightly mist with water and ensure the tray is well sealed with a lid
- Leave at room temperature for couple of hours, or until they start to soften, then transfer to fridge.
- Cold prove in the fridge for 24-72 hours. They will start to grow the longer they are in the fridge.

2. Reshape

(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 or a dough scraper across a clean worksurface and place them back in the proving tray as before.

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 and how much they have proved in the fridge.
- If are worried they are over-proving, for example in very hot weather, simply return to the fridge until an hour before you want to cook.

Quick Method!

Skip the cold prove. Thaw and prove in proving trays as above, until double their original size - approx 12-14 hours, depending on ambient temperature.

Ingredients (allergens in **bold**)

Wheat flour (**wheat** flour, ascorbic acid, malted **wheat** flour), water, rapeseed oil, **rye sourdough**, yeast, salt, sugar. May contain traces of Soya, Mustard, Sesame

Nutritional information (g / 100g): Fat 1.9, (of which Saturates 0.2), Carbohydrate 43, (of which Sugars 1), Fibre 2.2, Protein 7.1, Salt 1.2, Energy (kcal) 223, Energy (kJ) 943