Pizza Dough (Poolish)

dough DIALED

basis bread flour = 722 g yield 4 × 300 g variant of pizza-dough

	Ingredient	Grams	Baker's	Total	Method
1	bread flour water yeast	96.0 96.0 0.2*	13.3% 13.3% 0.03%	8.0% 8.0% 0.02%	Mix ingredients together until combined. Let sit for ***12 hours***
2	bread flour water salt instant yeast olive oil	626 352 13.8 2.5 13.8	86.7% 48.8% 1.9% 0.35% 1.9%	52.2% 29.3% 1.1% 0.21% 1.1%	Mix all ingredients, including everything from step 1, food processor with dough blade. Mix for ***30 seconds***. Adjust dough to ensure all dough has cleaned bowl and mix for an additional ***30 secs***.
3					Divide dough into four 300 g pieces. Form into balls.
4					Add to oiled container and rise in refrigerator for around ***12 hours***.
	Total	**1200**	166.2%	100.0%	

* under 1.0 g: below what the scale weighs reliably