

One Minute Pizza Dough

You can make this dough in one minute in the food processor - really! Use Rapid Rise yeast to shorten the rising to 30 minutes, making this a totally doable pizza to make after a busy day. This recipe will make 3 10" crusts or 2 thicker crusts. For an authentic crispy crust, preheat your oven to 450° well in advance with the pizza stone in your oven. Use parchment paper to build your pizza on and then transfer from counter to pizza stone in the oven. To prevent sticking, sprinkle a course cornmeal or semolina flour onto the parchment paper, then place rolled out dough on parchment paper and add pizza toppings. Scoop up pizza with your pizza peel under the parchment paper and slide onto the hot pizza stone. Remove the parchment paper midway through the baking process to brown the crust.

3 cups +	all-purpose flour	1 teaspoon	salt
1 Tablespoon	yeast or 1 package (use Rapid Rise)	1	warm water
2 teaspoons	sugar	1 Tablespoon	Cornmeal or semolina flour as needed
1 Tablespoon	olive oil		Parchment paper (not wax paper)

- 1 Place your baking stone into an oven and preheat to 450°. You want the stone really hot to achieve the best browning on the bottom.
- 2 Measure flour into bowl of food processor. Place the yeast and sugar together atop the flour and place the salt and olive oil on the other side of the bowl. Add ½ cup warm water to yeast to begin to activate it. Bubbles will begin to form in the yeast mixture. If using food processor, with motor running, add enough warm water to bring all ingredients together into a moist, but not wet ball. If mixture is too dry, add more water. If mixture is not coming together, then add more flour, a little at a time. Dump the dough onto an oiled baking sheet. Oil your fingers when working with dough to prevent sticking.
- 3 Divide dough into 2 or 3 equal pieces and form them into discs. Place your discs of dough on an oiled tray and cover with plastic wrap. Leave in a warm place to rise until double its size. If using Rapid Rise, it should be ready in about 30 minutes or less. (Standard yeast may take double the time.) You can leave it sit longer to develop more flavor and then continue to punch down the dough and let it rise. Or you can place in refrigerator and bring up to room temperature. the next day before using.
- 4 Place dough on a well floured surface and roll it out with a rolling pin. Turn the dough a ¼ turn after each roll and re-flour surface frequently to prevent sticking.
- 5 You are ready to top your pizza. Place parchment paper on counter. Sprinkle cornmeal or semolina flour over the parchment paper. Place dough circle on parchment. Top with your favorite toppings - minimize liquid in your ingredients for maximum success and best browning of bottom. Scoop up the pizza by sliding the pizza paddle or a flat cookie sheet under the parchment paper.
- 6 Slide your pizza from the paddle onto the hot pizza stone in the oven and bake about 6 minutes (longer for a thicker crust) or until the cheese just begins to brown. Midway through the baking, pull the parchment paper out from under the crust and let it sit directly on the stone so it will brown.

Servings: 6

Preparation Time: 11 minutes

Cooking Time: 6 minutes

Inactive Time: 30 minutes

Total Time: 47 minutes

Oven Temperature: 450°F

Nutrition Facts

Nutrition (per serving): 238 calories, 17 calories from fat, 2g total fat, 0mg cholesterol, 1168.6mg sodium, 293mg potassium, 49.8g carbohydrates, 7.8g fiber, 4.7g sugar, 9.1g protein.

Source

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