

# FREEZE IT

**WHOLE-WHEAT PIZZA DOUGH** *Bake up pies that rival your local pizzeria's when you keep this easily made dough on hand.*



INDIVIDUAL PIZZAS  
WITH PECORINO, ARUGULA,  
AND TOMATOES  
*see recipe, page S1 >>*

# whole-wheat pizza dough

TWO 1-POUND BALLS ■ PREP TIME: 20 MIN ■ TOTAL TIME: 20 MIN + RISING

*With one batch of dough, you have enough to make two large pizza shells or eight individual ones (see the recipe for individual pizzas on page 51).*

- 1½ cups warm (115°) water
- 2 packets (¼ ounce each) active dry yeast
- ¼ cup olive oil, plus more for bowl
- 2 tablespoons sugar
- 2 teaspoons coarse salt
- 2 cups all-purpose flour (spooned and leveled), plus more for kneading
- 2 cups whole-wheat flour (spooned and leveled)

**1** Place water in a large bowl; sprinkle with yeast. Let stand until foamy, about 5 minutes. Brush another large bowl with oil.

**2** In bowl with yeast, whisk sugar, oil, and salt. Stir in flours with a wooden spoon until a sticky dough forms. Transfer to oiled bowl; brush top of dough with oil. Cover bowl with plastic wrap; let stand in a warm spot until dough has doubled in size, about 1 hour.

**3** Turn dough out onto a well-floured surface. With floured hands, knead until smooth, about 15 seconds; divide into two balls.

## TO FREEZE 1-POUND BALLS

Set balls on a plate (they should not touch); freeze until firm, about 1 hour. Then freeze in a freezer bag up to 3 months. Thaw overnight in refrigerator.

## TO FREEZE INDIVIDUAL SHELLS

Divide each ball of dough into 4 pieces. Using your hands, stretch each piece into a 5-inch disk (if dough becomes too elastic to work with, let it rest a few minutes). Freeze shells on two parchment-lined baking sheets. Stack frozen shells between layers of parchment paper (see photo, page 50). Freeze in a freezer bag up to 3 months. Bake from frozen.





#### ROUND AND ROUND

Tired of pizza to go? Have go-to pizza instead by freezing balls of dough or, even more convenient, shells. Form the shells before freezing, and skip thawing before using. Pull out just what you need for tonight's dinner; bake as directed.

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Get some great pizza topping ideas from our site; we have plenty to choose from.

JONNY VALLANT

4-3/8" x 3-5/16"

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# individual pizzas with pecorino, arugula, and tomatoes

<< see photo, page 48

SERVES 4 ■ PREP TIME: 15 MIN ■ TOTAL TIME: 35 MIN

- olive oil, for baking sheet and (optional) for serving
- 1 cup grape tomatoes
- coarse salt and ground pepper
- 4 individual pizza shells from 1 pound Whole-Wheat Pizza Dough (page 49), fresh or frozen
- ¼ teaspoon red-pepper flakes
- 3 cups baby arugula
- 3 ounces shaved Pecorino Romano cheese
- 1 tablespoon balsamic vinegar, for serving

**1** Preheat oven to 450°. Turn a large baking sheet upside down; rub with oil. Using your hands, crush tomatoes into a pulp in a small bowl; season with salt and pepper.

**2** Spread crushed tomatoes on pizza shells; sprinkle with red-pepper flakes. Bake until crusts are golden, 18 to 20 minutes.

**3** In a bowl, toss arugula with Pecorino; top pizzas with salad. Drizzle with vinegar and, if desired, oil.

per serv: 384 cal; 13.3 g fat (4.2 g sat fat); 15.7 g protein; 52.5 g carb; 5.6 g fiber

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4-3/8" x 3-5/16"