

Instructions & Ingredient Info

Virtue Pro Sourdough Pizza Dough

Storage

- Your dough balls should be completely frozen when they arrive with you. If they have thawed 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 12 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 48-72 hours. They may start to grow a little in the fridge.

2. Reshape

(You can skip this step and still get a great pizza)

- 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 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 double their original size before its ready to cook with, which will be around 4 hours, depending on the ambient temperature.
- Give yourself more time rather than less! If you are worried they are over-proving, for example in hot weather, simply return to the fridge until 30 mins before you want to cook.

Quick Method!

As above but skip the cold prove in fridge. Simply thaw & prove until double their original size, at room temp for 18-24 hours, depending on ambient temperature.

Ingredients (allergens in bold)

Italian 00 **wheat** flour, durum **wheat**, extra virgin olive oil, **wheat**germ, sourdough, rapeseed oil, sea salt, yeast, water. May contain traces of **soya**.

Nutritional information (g / 100g): Fat 3.3, Saturates 0.4, Carbohydrate 44, Sugars 1.2, Fibre 2.9, Protein 10.5, Salt 0.6, Energy (kcal) 251, Energy (kJ) 1060