

Stomboli / Pizza Dough



From the Sensenig's Recipe Book

Ingredients

1 lb. (3-1/2 cups) unbleached bread flour; more as needed
2 tsp. granulated sugar or honey
1-1/2 tsp. table salt (or 2-1/2 tsp. kosher salt)
1-1/4 tsp. instant yeast
1-1/2 Tbs. extra-virgin olive oil; more as needed
Semolina flour (optional)

Preparation

Combine the flour, sugar or honey, salt, yeast, and olive oil in a large mixing bowl or in the bowl of an electric stand mixer. Add 11 fl. oz. (1-1/4 cups plus 2 Tbs.) cool (60° to 65°F) water. With a large spoon or the paddle attachment of the electric mixer on low speed, mix until the dough comes together in a coarse ball, 2 to 3 minutes by hand or 1 to 2 minutes in the mixer. Let the dough rest, uncovered, for 5 minutes.

Knead the dough: If using an electric mixer, switch to the dough hook. Knead the dough for 2 to 3 minutes, either by hand on a lightly floured work surface or with the mixer's dough hook on medium-low speed. As you knead, add more flour or water as needed to produce a ball of dough that is smooth, supple, and fairly tacky but not sticky. When poked with a clean finger, the dough should peel off like a Post-it note, leaving only a slight residue. It may stick slightly to the bottom of the mixing bowl but not to the sides.

Chill the dough: Lightly oil a bowl that's twice the size of the dough. Roll the dough in the bowl to coat it with the oil, cover the top of the bowl tightly with plastic wrap, and refrigerate for at least 8 hours and up to 3 days. It will rise slowly in the refrigerator but will stop growing once completely chilled. If the plastic bulges, release the carbon dioxide buildup by lifting one edge of the plastic wrap (like burping it) and then reseal.

Shape and fill the stromboli:

- Take the dough out of the refrigerator. Divide the dough in half and return one piece to the refrigerator (or freeze it as directed in the dough recipe). Dust a work surface lightly with flour or semolina and transfer the other piece of dough to the work surface. Dust the dough with flour and press it into a rectangle with your fingertips. Roll the dough into a larger rectangle, working from the center of the dough to each of the four corners and then to each of the four sides to even out the rectangle, until it is 1/8 to 1/4 inch thick. It should be approximately 11 inches long and 14 inches wide, with the wide side facing you. Use more dusting flour as needed. Cover the surface of a dough rectangle with the mozzarella and other fillings, leaving a 1-inch border. Tightly and evenly roll the stromboli from the bottom to the top, pinching the seam tightly closed with fingers or thumbs. Also pinch the two ends closed and tuck them under the loaf. Carefully lift the long loaf and put it seam side down on a baking sheet

lined with parchment. Brush the top of the loaf with olive oil and loosely cover the pan with plastic wrap.

- Leave the loaf at room temperature for about 1-1/2 hours. The dough won't rise very much but will just be showing signs of expansion by the time it's ready to be baked.
- I like to fill with hot capicola, salami, peperoni, mozzarella and provolone cheeses, and some sliced roasted red peppers.
- I suggest you don't put sauce in the Stromboli (it will make it soggy and the dough will not bake properly). If you want sauce serve it on the side for dipping.

Bake the stromboli:

- Heat the oven to 400°F (350°F if using convection). When ready to bake, brush the dough again with olive oil and cut three or four steam vents crosswise into the stromboli with a sharp paring knife, cutting all the way down through the filling to release any air pockets. Bake until the crust turns a rich golden brown, 20 to 30 minutes, rotating the pan after the first 10 minutes for even baking. Let cool for at least 5 minutes before slicing and serving with the heated tomato sauce on the side for dipping.

Notes:

Make Ahead Tips

It's best to mix the dough at least a day before you plan to bake. The dough keeps for up to 3 days in the refrigerator or for 3 months in the freezer. To freeze the dough: After kneading the dough, divide it into 4 pieces for pizzas or calzones or 2 pieces for stromboli. Freeze each ball in its own zip-top freezer bag. They'll ferment somewhat in the freezer, and this counts as the rise. Before using, thaw completely in their bags overnight in the fridge or at room temperature for 2 to 3 hours. Then treat the dough exactly as you would regular overnighted dough, continuing with the directions for making pizzas, calzones, or stromboli.

Source:

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