



# Pizza dough with a starter

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Piece 4

## Starter (poolish)

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200 ml water  
1 tsp runny honey  
¼ yeast cube (about 10 g) or  
3 g dried yeast  
200 g Manitoba flour (type 0)

## For the main dough

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225 ml cold water  
500 g Manitoba flour (type 0)  
20 g fleur de sel  
50 ml cold water

## Portioning

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Some Manitoba flour (type 0)  
for shaping  
Some olive oil

## Additional information

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