PIZZA CAMP 2.0

Flynn family pizza | Pizza Camp x Dough Guy hybrid | 48-hour cold fermentation

Yield: 2 approximately 16-inch pizzas (about 436 g dough each) | Serves: 8 (2 slices each; 16 slices total) | Oven: 500-550°F with pizza steel | Timeline: 2 days chilling + 2-3 hours warming + baking

Dough

Ingredient	Amount
All-purpose flour	250 g
Bread flour	250 g
Cool water	335 g
Fine sea salt	12 g
Sugar	10 g (about 2 tsp)
Active dry yeast	1 g (about 1/3 tsp; weigh if possible)
Extra-virgin olive oil	15 g (about 1 tbsp)

Marinated tomato sauce

Ingredient	Amount
Crushed tomatoes	1 can (28 oz / 794 g)
Garlic	2 cloves, pressed
Fine sea salt	1 tsp (about 5 g; adjust to taste)
Extra-virgin olive oil	2 tbsp (about 27 g)

Stir everything together. Cover and refrigerate for a few hours before making pizza. Makes enough for two generously sauced pies; use less if you prefer a lighter sauce.

Cheese and finishing ingredients (for both pizzas)

Fresh mozzarella: 8 oz / 226 g total, drained and patted dry (4 oz per pizza).

Shredded low-moisture mozzarella: 6 oz / 170 g total (3 oz per pizza).

Parmesan or similar hard cheese: 1 oz / 28 g total, finely grated, added after baking.

Finishing olive oil: 2 tsp / 9 g total (1 tsp per pizza). Optional toppings to taste; not included in nutrition estimate.

Day 1 - Mix, shape, refrigerate

1. Whisk cool water, yeast and sugar in a large mixer bowl. Stir in the 15 g olive oil.

2. Add both flours. Mix on low with dough hook for approximately 5 minutes, until combined.

3. Scrape bowl, cover and let rest 30 minutes.

4. Add 12 g salt. Mix on low until incorporated and dough is smooth and cohesive, approximately 3-5 minutes. Avoid overkneading.

5. Cover and rest 20 minutes. Divide into 2 equal pieces (about 436 g each). Shape gently into smooth, taut balls.

6. Place each ball in a separate lightly oiled, covered container with room to rise. Refrigerate about 48 hours (ideally 37-39°F).

Day 3 - Stretch, top, bake

7. Take dough from fridge 2-3 hours before baking. Keep covered until relaxed, slightly puffy, and easy to stretch.

8. Set pizza steel on the lowest oven rack (your current setup). Preheat at the oven's maximum baking temperature, ideally 500-550°F, for 60 minutes.

9. Flour the work surface. Press gently from the center outward, preserving a 3/4- to 1-inch rim. Stretch over your fists using gravity to about 16 inches.

10. Dust peel lightly with semolina. Transfer dough to peel and top promptly (aim for under 5 minutes): sauce → fresh mozzarella → optional toppings → shredded mozzarella.

11. Launch onto hot steel. Bake roughly 8-10 minutes, but judge by a browned, crisp underside and a golden, cooked top.

12. Finish with grated Parmesan and a light drizzle of olive oil. Slice and serve.

Estimated nutrition

Based on the full dough and sauce recipes; all the tomato sauce; 8 oz fresh mozzarella, 6 oz low-moisture mozzarella, 1 oz Parmesan, and 2 tsp finishing olive oil. No other toppings. Estimates vary by brand and exact portions.

Serving	Calories	Protein	Carbs	Fat
1 slice (1/8 pizza)	~235 kcal	~10 g	~27 g	~9 g
1 pizza (8 slices)	~1,870 kcal	~79 g	~219 g	~73 g
2 slices (1/4 pizza)	~470 kcal	~20 g	~55 g	~18 g

Note: Salt in the dough and sauce has been reduced from the original. The mozzarella blend and gentler handling aim for a lighter, less chewy crust. Sodium is especially variable with cheese brands; calculate from your actual labels if tracking.