

Can you handle the Proof?

- What is proofing?
 - Proofing is an important step in baking that **activates yeast in the dough**
 - During fermentation, the yeast in bread dough consume carbohydrates and expel the carbon dioxide gas which **causes the dough to expand or rise**
 - The term proofing **can refer to any stage of fermentation**, but is essentially **associated with the final rise after dough is shaped, just before baking**
- Why is proofing important?
 - It's an **essential part of bread baking as under or over-proofed bread, won't rise properly when baked**
 - If yeasted dough isn't allowed to proof, the yeast, can't release carbon dioxide and the gluten won't stretch to hold the air bubbles
- How do you proof Pizzaville's Traditional Italian Bread dough?
 - Loosely cover the dough with plastic wrap and clean kitchen towel
 - This helps encourage a warm and more humid environment for the dough to proof
 - **Allow the dough to proof, covered, at room temp for 4-6 hrs**
 - There are **many variables** that come into play when proofing dough
 - Temperature and humidity of the environment can speed up or slow down
- Over-proofed vs. Under-proofed
 - You'll need to make sure dough isn't over-proofed or under-proofed
 - Under proofing happens when dough hasn't rested enough. You'll know it's under proofed if it bounces back immediately
 - Over-proofing happens when dough has proofed too long and air bubbles have popped, you'll know it's over proofed when you poke it and it never springs back
 - At the 4hr mark, if unsure if dough is proofed, do the **POKE TEST**
- Poke Test:
 - Poke a small indentation into the dough using your finger
 - If the indentation slowly springs back half way, the dough is proved and ready to bake
 - If it springs back immediately, without any indentation left, it's under-proofed and needs more time
 - If the indentation remains and dough doesn't bounce back, it's been over-proofed
 - If you're unsure, err on the side of under proofing – the bread will rise more in the oven
- Rescuing over proofed dough:
 - Press down on the dough to remove the gas
 - Then reshape and reproof (start from the beginning) or you can always order another traditional Italian bread dough ball ;)
- Share your proofing tips and tricks with us
 - Lots of people have tricks to get humidity just right or to speed up the process
 - Share your proofing tips and tricks with us @pizzavilleinc and @howtodoughit on instagram or facebook

