

USE BY



Make
PIZZA

SOURDOUGH DOUGH BALLS
EVERY PIZZA STORY
BEGINS WITH A BASE

Upgrade pizza night with our delicious restaurant-grade sourdough dough balls. Mature sourdough starter, baker's yeast, salt, flour and water combine for maximum flavour and a moreish crust.

TRADITIONAL PIZZA - AT HOME

STORAGE INSTRUCTIONS

If your dough is slightly defrosted on arrival, this will not impact the quality. You can safely refreeze it or continue to thaw it out. Once defrosted use dough within 3 days. For best results use dough before best before date.



OUR METHOD

STEP 1

To defrost, remove dough balls from freezer and space out in a large tray or in proving containers. **Top tip:** remove from their bags first and cover with a damp towel. For best results, place the defrosting dough in the fridge for 12 hours. If short on time, defrost at room temperature [about 20° Celsius] for a minimum of 4 hours.

STEP 2

Once defrosted, remove the dough from their bags or container, sprinkle with a small amount of flour and gently shape into smooth balls. Return the shaped dough to a dry tray or container, smooth side up and spaced out. Cover with an air-tight lid or a clean, damp towel.

STEP 3

Let the dough balls prove at room temperature for at least 1-2 hours before cooking. For best results, leave for a maximum of 6 hours.

STEP 4

Fire up your Ooni pizza oven or home oven. For an Ooni oven, wait until the centre of the stone reaches 400°C before cooking. For home ovens, set your heat to 220°C.

STEP 5

We recommend hand stretching the dough. Check out our YouTube channel for helpful hints & tips. The base should be around 12" in diameter once stretched. If smaller, the pizza will be thick and doughy. Dust your peel with flour or semolina before laying the stretched base over it.

STEP 6

Top your pizza and launch into the oven, turning it every 20-30 seconds as it cooks to ensure an even bake. Then all that's left is to serve and enjoy!

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EXPERT TIPS,
DELICIOUS RECIPES
AND HOW-TO VIDEOS!

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TYPICAL VALUES	PER 100g	PER DOUGH BALL 250g
Energy [kj]	961	2402.5
Energy [kcal]	227	567.5
Fat [g]	1.8	4.5
of which Saturates [g]	1.4	3.5
Total Carbohydrate [g]	45.5	113.75
of which Sugars [g]	0.3	0.75
Salt [g]	0.68	1.7
Protein [g]	7.8	19.5

Dietary Information

Reference intake of an average adult
(8400 kJ / 2000 kcal)

CONTAINS

25 x 250g
dough balls

V-13.01.23

INGREDIENTS

Wheat Flour, Fortified Flour [Calcium carbonate, Iron, Niacin, Thiamine], sourdough starter, water, fresh yeast*, salt. May contain **Soya, Mustard**

ALLERGENS

For allergens, including cereals containing gluten, see ingredients in **bold**.

OONI INFORMATION

Ooni Limited, Unit 5, Bishopgate Business Park, 189 West Main Street, Broxburn, Scotland, EH52 5LH, United Kingdom.

*Yeast added in seasonally variable proportions to boost the sourdough starter, ensuring the same great quality in every cook.

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