

USE BY



Make
PIZZA

LIMITED EDITION
POOLISH DOUGH BALLS

This Polish pre-fermentation technique produces dough that's easy to work with, makes for crisper, uniformly-sized crusts, and gives your pizza base a delicious post-bake tang.



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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TYPICAL VALUES	PER 100g	PER DOUGH BALL 250g
Energy (kJ)	936	2340
Energy (kcal)	221	553
Fat (g)	2.1	5.3
of which Saturates (g)	0.7	1.8
Total Carbohydrate (g)	42.9	107.3
of which Sugars (g)	2.6	6.5
Protein (g)	8.5	21.3
Salt (g)	1.20	3.00

Dietary Information

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

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CONTAINS

15 x 250g dough balls

Poolish-style dough balls made with 30% Poolish starter.

INGREDIENTS

Fortified **Wheat Flour** (**Wheat Flour** with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Poolish starter [30%] (Fermented **Wheat Flour**), Fresh Yeast, Salt. May contain **soy, mustard, lupin**.

ALLERGENS

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

OONI INFORMATION

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