



Barrio Bread Pizza Dough

Equipment List

- Bowl
- Measuring Cups
- Scale & Clean Towel
- Baking sheet

Recipe Ingredients

- 400 grams bread flour
- 100 grams Sonoran Wheat Flour
- 375 grams water or 1 ¾ cups (at about 80°F)
- 6 grams or 1 packet yeast
- 1 ½ tsp salt
- 1 tbsp semolina flour for dusting baking surface
- 1 cup sauce (or to taste)

Instructions

1. In a large bowl, mix by hand, water and yeast until combined.
2. Pour in the flour and salt and mix until no lumps of flour are left (about 3-5 minutes).
3. Let it rest for 10-15 minutes.
4. Using your hands, mix for 5 additional minutes in the bowl. (Get a little water on your hands to prevent dough from sticking.)
5. Place dough on a floured surface and gently knead (use more flour to prevent sticking) for 2 minutes forming a smooth ball, then place back in the bowl and cover.
6. Place the bowl in a warm area and let rise for 1 hour.
7. Divide dough into 3 equal portions and form each into a ball (At this point the dough can be wrapped in plastic wrap, and refrigerated for up to 24 hours).
8. Cover with a moist kitchen towel and let dough rest for 30 mins. (proof)
9. Preheat the oven to 450 degrees.
10. Sprinkle a little of semolina flour on a pizza stone or baking tray so the dough will slide off easily after cooking.
11. Using your hands, flatten out and stretch one ball of the dough out into an 8-10 inch round.
12. Cover with sauce, cheese, and add your favorite toppings.
13. Bake for 15 minutes or until the crust is golden brown.

by: **Chef Don Guerra**

Yield 3, 8-10" pizzas



Allergy Indicators:



Don Guerra uses flour and water to build connections, to make the world a better place. When Guerra founded Barrio Bread he had a vision to revive native and heritage varieties of grains to build a sustainable grain economy in southern Arizona. Today, his bakery is a model for the future. Guerra unites regional farmers and millers in bringing healthy whole grains, flours, and breads to consumers, expanding the meaning of Tucson's gastronomy. He collaborates with brewers, restaurateurs, and retailers to bring new foods and drinks to life.

Meet Your Wheat Miller

Hayden Flour Mills is a family-run farm in Tempe, AZ dedicated to reviving forgotten native grains from the ground up in the Arizona desert. They are devoted to reviving stone milling heritage and ancient grains through regenerative and sustainable practices that are better for both people and the planet.

Family Owned, Family Grown
HAYDEN
 FLOUR MILLS



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#chefinthegardenaz



Planting Wheat



Lesson

Desert Wheat Varieties: Wheat is part of the grass family. At the end of its hollow stem, is a structure called a head, or spike. The spike is made up of 20 to 100 tiny flowers. These flowers produce seeds, also known as wheat berries. The berries are ground up to make the flour used to make bread, cakes, cookies, pasta, and crackers.

Certain wheat varieties, like Blue Beard Wheat and Sonora Wheat, are great examples of desert-adapted plants. Although not native to the desert, wheat has been growing here for thousands of years. Wheat is an example of a fast-growing desert plant that doesn't require a lot of water to grow and creates all its seeds during the cooler winter months. Wheat matures and is harvested as the temperatures start to rise when many cultivated and wild food resources are in short supply. This is why when wheat was introduced to the desert a long time ago, it was a perfect complement to the traditional summer monsoon Tohono O'odham and Pima crops of corn, beans, and squash.

Adapted from: [Native Seed Search: Heritage Sonoran Wheat: History, Growing, and Harvesting](#)

Blue Beard Durum is a rare drought-tolerant durum that gets its funny name from the bright blue whiskers that grow from the ripened wheat, looking a lot like a beard.

White Sonora is the oldest wheat variety in North America. Spanish missionaries, who needed wheat for their communion bread, brought White Sonora to North America around 1640. This disease-resistant, drought-tolerant wheat variety was first planted as a rotation crop to corn in the Sonoran Desert, near the present-day United States-Mexico border. Its sweet flavor and nutty texture lent itself to a traditional southwestern diet, and eventually gave birth to the first white flour tortilla.

Adapted from [Hayden Flour Mills: Heritage Grains Guide](#)

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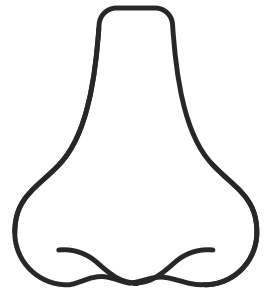
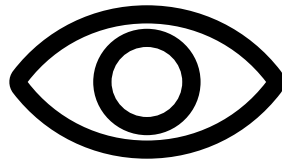
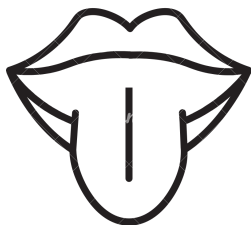




Student Feedback Sheet

White Sonora Wheat

Can you describe it using the five senses?



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Student Feedback Sheet

White Sonora Wheat

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What rating would you give this lesson?



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