

Doughs

Kitchen

Bread, pizza, pastry and pasta as ratios by weight.

Flour is 1 throughout.

Dough	Ratio	Note
Bread	1 : 0.6 water	+2% salt, 1% yeast
Pizza	1 : 0.65 water	Long, cold ferment
Shortcrust	3 : 2 : 1	flour : fat : water
Puff	1 : 1 fat	Laminated
Fresh pasta	100 g flour : 1 egg	Per person
Choux	1 : 1 : 2 : 2	flour : fat : water : egg

Shortcrust wants cold fat and minimal handling; bread wants warmth and development. The same flour, opposite techniques.