



WATER TEMPERATURE & PROOFING TIME FOR PIZZA DOUGH

ROOM TEMPERATURE (°C)	HYDRATION LEVEL	RECOMMENDED FDT RANGE (°C)	ADJUSTED WATER TEMPERATURE (°C)	PROOFING TIME (HOURS)
15 - 18	Low (50-60%)	24 - 27	19 - 25	8 - 12
18 - 21	Low (50-60%)	24 - 27	21 - 24	6 - 10
21 - 24	Low (50-60%)	24 - 27	23 - 26	4 - 8
15 - 18	Medium (60-65%)	27 - 29	19 - 22	3 - 6
18 - 21	Medium (60-65%)	27 - 29	20 - 23	2 - 4
21 - 24	Medium (60-65%)	27 - 29	21 - 24	1 - 3
15 - 18	High (65-70%)	29 - 32	22 - 25	1 - 2

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