

Neapolitan Pizza Dough

This is the basic recipe I use for my Neapolitan pizzas. Like any dough recipe, the exact amount of the ingredients that you use will depend on several things. A stronger flour with higher protein content, something like a 400 – 500 W (which is what I use) requires slightly less than a softer flour like a 300 W. If you're using a softer flour, you may need in the neighborhood of 900 g per 500 mL of water. Depending on your altitude, humidity, and time of year the amount of salt and yeast may likewise vary. The salt content can range from 20 to 30 g per 500 mL of water. If it is very hot and humid, you may need to use a little more salt. Likewise, if it is cool you may need to use a little less. For this particular dough, you are looking for a peak fermentation time of about 24 hours. At 24 hours, if the dough has matured correctly, the dough balls should be lightly touching each other and the edges of the container. They should be soft to the touch, without springing back. You may notice some dark specks on the surface. This is a good sign as it reflects proper yeast activity. Unlike industrial commercial preparations that contain sugar, oils, and other unwanted additions; this dough is a classic combination of bread essentials – flour, water, salt, and yeast.

Ingredients:

- 800 g organic flour (preferably strong, durum grade Tipo "00")
- 500 mL water (preferably distilled)
- 25 g sea salt
- Approximately 0.2 – 0.3 g (approximately 1/16 – 1/8 teaspoon) of instant dry yeast

Directions:

If using a stand mixer or large bowl add the water first. Add the salt and using your hands, swirl to dissolve. Scoop in three handfuls of the flour and using your hands dissolve the flour. You should have a mixture the consistency of a runny pancake batter. Add the yeast and using her hands swirl to disperse. Add approximately 80% of the remaining flour. If using a stand mixer, use a dough hook attachment and allow the machine to run on the lowest setting for 15 minutes. Remember to scrape the sides of the bowl so all the flowers incorporated. After about 6 to 8 minutes if the dough appears a little sticky add the remaining flour. After 15 minutes increase the speed by one setting for one minute in duration. Remove and shape the dough into a singular large ball. Cover with a wet tea towel and allow the dough to rest for 20 minutes.

Divide the dough into smaller sections weighing 260 – 280 g (approximately 9 – 10 ounces). Roll each smaller dough section into a tight ball. Place these into a container approximately 2 to 3 cm (about 1 inch) from the edges and each other. Allow to rest approximately 24 hours.

Yield: 4 to 5 dough balls.