Authentic Neapolitan Pizza Dough: Make Your Own Neapolitan Pizza!



Experience the authentic taste of Naples with this original Neapolitan pizza dough recipe! It uses only high-quality ingredients like Tipo 00 flour and fresh yeast. A special kneading and resting phase plus the "stretch and fold" technique give the dough its unbeatable, airy texture. Bake your pizza in the oven at extremely high temperatures and enjoy a slice of Italian perfection!

PREP	BAKE	PROOFING	TOTAL
4 h	1 min	20 h	24 h 1 min

Ingredients

for 6 pizzas

- [ ] 1 kg — Tipo 00 pizza flour (e.g. Caputo Pizzeria)
- [ ] 620 g — water (ice-cold)
- [ ] 30 g — sea salt
- [ ] 2 g — fresh yeast

Method

1. In a large bowl, mix all of the water with the salt.
2. Add a small part of the flour (about 150 grams) to the bowl and stir it in with a wooden spoon or by hand.
3. Next, add the yeast and mix it in.
4. Now add the flour bit by bit and keep stirring with the wooden spoon or your hand. (Heads up, it gets sticky!)
5. Once all the flour is in, turn the dough out onto a floured work surface and knead until all the flour has disappeared from the surface and the dough is nice and smooth. (approx. 15-20 minutes)
6. Finally, let the dough rest for about 5-10 minutes, then do a round of “stretch and fold”. Stretch and fold gives the dough more tension. To do it, reach under the dough with both hands (left and right), lift it up and fold it over. Repeat until the dough has a smooth surface.
7. Then put the dough in a tall bowl, cover it with a damp cloth and let it rest for about 2 hours (at room temperature).
8. After 2 hours, divide the dough into small portions, round them into balls (270-290 grams) and shape them with tension.

9. Now place the dough balls in a dough ball box for the final proof and put them in the fridge (approx. 6 °C) for about 20 hours to keep fermenting.

10. About 2-4 hours before you want to bake your pizzas, take the dough balls out of the fridge and let them come up to room temperature.

11. Preheat your oven: 30 to 60 minutes depending on the oven (e.g. around 30 minutes for an Effeuno, around 60 for a Gozney Dome).

Stretching the pizza

1. Now carefully take the dough balls out of the dough ball box and place them in a bed of semola (double-milled durum wheat semolina). Then flip the dough ball so the other side is “floured” with semola too.

2. Then place the dough ball on a work surface for stretching. Thanks to the semola, the dough shouldn't stick anymore and should move easily on the surface.

3. Now for the actual stretching. Press into the middle of the dough with your fingertips and push the air from the center out into the rim. Leave the rim (about 1 cm) untouched.

4. Then turn the dough ball 90 degrees. Repeat this until you have a mini pizza with a raised rim. (If you see a damp spot on the dough, you can sprinkle it with semola.)

5. Next, stretch the dough out: slip your fingers under the rim of the pizza and lift it slightly, while your other hand holds the dough so it stretches. While stretching, turn the pizza dough 90° and then lay it back down on the work surface. Repeat until the dough has reached about ⅔ of the size you want. You'll pull it to its final size on the pizza peel after topping.

Baking the pizza

1. Bake in the pizza oven at the highest heat possible. According to the AVPN, Neapolitan pizza is baked at temperatures between 430 and 480 °C for about 60 - 90 seconds

Photos, tips & questions
Scan or visit pizzastunde.com/en/neapolitan-pizza-dough-recipe/

INGREDIENTS & OVENS AT
PizzaLaden.at