

NEAPOLITAN PIZZA DOUGH RECIPE

Make the Poolish the night before.

INGREDIENTS

- 150 ml water
- 150 g flour
 - Use '00' flour, bread flour, or all purpose flour in that order of availability.
- 1 teaspoon yeast

POOLISH PREPARATION

- Mix the water and yeast in warm water till yeast is dissolved.
- Then thoroughly mix in flour
- Rest for 1 hour at room temp
- Cover and then refrigerate for at least 12 and up to 24 hours. 16 hours is probably ideal.

DOUGH PREPARATION

- Take Poolish out of refrigerator
- Rest for 30 minutes at room temp

INGREDIENTS

- 350 ml water
- 640 gr flour (00, bread, or all purpose in that order of availability)
- 20 gr salt
- 2 tbs olive oil

PREPARATION

- Add water to Poolish and mix by hand until thoroughly blended
- Add olive oil, mix in
- Add ½ the flour, then mix
- Add salt, then mix
- Add remaining flour
- Knead for 5 minutes or so. Do not add more flour or water while kneading. You need to keep the water to flour ratio constant.

Rest for 20 minutes

- Put olive oil on your hands and pat the dough on the top. Pick up the dough with two hands; pick up from the middle of the dough on two sides (right and left side), pick up, then let the opposite sides droop down, then drop, then rotate 45 degrees, pick up and repeat, let droop, then drop; repeat 5 or 6 times until dough ball is smooth on top. Keep olive oil surface on top
- Oil bottom of a bowl, put dough ball back in bowl; olive oil side up

Cover and rest for 30 minutes

- Make the dough balls.
 - Cut dough into dough balls about 250 grams each. Pick up a ball and stretch one side of the dough bottom a little and fold the flap under the ball itself, rotate 45 degrees; repeat - stretch one side of the bottom dough and fold under the dough ball. Do 5 or 6 times. Put seam side down on surface. Top should be smooth and a little bouncy.
- Put balls in a sheet pan a few inches apart (not touching) and cover with plastic wrap

Rest for 2 hours

- Prepare pizza with your favorite topping.

