Neapolitan Pizza Dough

BREADS & DOUGHS

YIELD
4 balls, ≈257 g each (11–12 in pies)

ACTIVE
30 min

TOTAL
≈2 days (poolish + 24 h cold + 2–4 h proof)

PER SERVING
523 kcal · 1,620 mg Na · 19 g protein

EQUIPMENT
Stand mixer, paddle + hook · Scale, 0.01 g · Covered tray or 4 containers

#	INGREDIENT	MASS	VOLUME	PROCEDURE
DAY 1, ≈7 PM: POOLISH				
1	Flour, Caputo Chef's 00	174 g	≈1½ cups	In a bowl, stir the flour, water, yeast and honey to a smooth batter. Cover; 1 h at room temp, then refrigerate 16–24 h.
	Water, *room temp*	174 g	¾ cup	
	Instant yeast, *weigh it*	1.7 g	½ tsp	
	Honey	1.7 g	¼ tsp	
DAY 2, ≈1 PM: FINAL DOUGH				
2	Water, *cold, hold back 20 g*	232 g	1 cup	Dissolve the poolish in 212 g of the water in the mixer bowl. Add the flour and sugar. Paddle on speed 1 for 2 min. Rest 20 min.
	Flour, Caputo Chef's 00	406 g	≈3⅓ cups	
	Granulated sugar	8.7 g	2 tsp	
3	Kosher salt, Morton	16.2 g	≈3⅓ tsp	Add the salt; switch to the hook. Speed 2, trickling in the last 20 g water, until smooth and it stretches to a thin windowpane, 6–8 min. Add the oil last and mix until absorbed. Aim for ≈75 °F.
	Olive oil, extra-virgin	14.5 g	1 tbsp	
4				Cover; 1 h at room temp, then refrigerate ≈24 h.
DAY 3				
5				≈1 pm: take it out. ≈2 pm: divide into 4 × 257 g and ball tightly. Proof covered at 72–77 °F until 1½–2× and soft and airy, 2–4 h. Bake with the Neapolitan Buffalo Margherita card.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Flour, Caputo Chef's 00	580 g	1,918	—	77
Instant yeast	1.7 g	6	1	1
Honey	1.7 g	5	0	0
Granulated sugar	8.7 g	34	0	—
Kosher salt, Morton	16.2 g	—	6,480	—
Olive oil, extra-virgin	14.5 g	128	0	—
Total		**2,091**	**6,481**	**77**
Per serving (1/4)		**523**	**1,620**	**19**

Nutrition: Caputo Chef's 00 label via the US importer (¼ cup = 100 kcal, 0 mg, 4 g; 33 per 2.2 lb bag, ≈30.2 g). SR Legacy (yeast as active dry, honey, sugar, olive oil); Morton label. Water not counted.

NOTES

- Baker's %: flour 100 (30 in the poolish), water 70, salt 2.8, oil 2.5, sugar 1.5, instant yeast 0.3. Wetter than Naples (≈60 %) plus oil and sugar, because a home oven bakes 2–4 min, not 60–90 s.
- The rim comes from a fully proofed, room-temperature ball more than from technique. Don't rush the proof.

Source: Vito Iacopelli poolish method; AVPN rules; home-oven changes after Da Michele