

24-Hour Cold Fermented Neapolitan Pizza Dough

⌚ Prep: 20m 🔥 Cook: 10m ❄️ Rest: 26h ⚡ Total: 1590m 🍴 4 servings



📺 Video ref: Recetas de Esbieta

MISE EN PLACE / INGREDIENTS [5]

- ☐ 3.5 cups (500g) Italian Tipo 00 pizza flour or bread flour (Caputo Tipo 00)
- ☐ 1.3 cups (325ml) Cold water
- ☐ 0.5 tsp (1.5g) Instant dry yeast (SAF Instant)
- ☐ 1 tbsp (12g) Fine sea salt
- ☐ 1 tbsp Extra-virgin olive oil (for coating bowl)

🛒 US SUPERMARKET BRAND GUIDE

Tipo 00 Flour: Caputo Tipo 00 Pizzeria Flour
Ultra-fine Italian wheat grind engineered for long cold fermentations. • 📍 Specialty baking or Italian grocery.

COOKING SEQUENCE & CHECKPOINTS

- 1

Mix and Knead

⌚ 8 min

Dissolve 0.5 tsp instant dry yeast in 1.3 cups (325ml) cold water, then mix in 3.5 cups (500g) Tipo 00 flour and 1 tbsp (12g) fine sea salt. Knead 5 minutes into a smooth, elastic ball.
✓ Checkpoint: Supple, elastic dough.
- 2

24-Hour Cold Fermentation

⌚ 24h (1440m)

Coat a bowl with 1 tbsp extra-virgin olive oil, place the dough inside, cover tightly, and refrigerate for 24 hours (1440 minutes).
✓ Checkpoint: Matured dough with fermented aroma.
- 3

Portion and 2-Hour Room-Temp Proof

⌚ 2h (120m)

Divide into 3 equal portions, shape into tight balls (panetti), and proof covered at room temperature for 2 hours (120 minutes).
✓ Checkpoint: Soft, relaxed dough balls.
- 4

Hand Stretch and Bake

⌚ 7 min

Stretch each dough ball with fingertips pushing gas to the outer cornicione rim. Bake on a preheated 500°F (260°C) stone or steel for 7 minutes until blistered.
✓ Checkpoint: Blistered, puffed artisan crust.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 190°F–210°F (88°C–99°C) INTERNAL CRUMB TEMPERATURE (≥165°F / 74°C FDA MINIMUM FOR RAW FLOUR AND EGG)**
FDA Flour & Dough Safety: Raw flour and raw egg batter should never be consumed uncooked. Baking or griddling beyond 165°F (74°C) eliminates E. coli and Salmonella, while reaching 190°F–210°F (88°C–99°C) fully gelatinizes starches for proper crumb structure.

👁️ **MASTER DONENESS CHECKPOINT:**
Puffed, blistered cornicione rim with hollow honeycomb air pockets.

🔬 **WHY IT WORKS:**
24-Hour Cold Retardation: Chilling yeast activity for 24 hours allows enzymes to convert complex starches into simple sugars, delivering incredible flavor and digestibility.

⚠️ **TROUBLESHOOTING:**
Dough snaps back when stretched: Let dough balls rest at room temperature for 2 full hours before shaping.