



Using Antico Molino Caputo Tipo 00 Pizza Flour

Use Caputo Tipo 00 flour the same way you would use either general purpose, or bread flour, though you will see a number of differences in how it behaves compared with American flours.

It hydrates very well. You will find yourself adding more water to your dough than you are accustomed. You want to make a moist, almost sticky dough. You can use flour to keep it from sticking to your hands or your work surface.

It is very silky and soft. You can make great pizza dough without adding olive oil. Experiment with added olive oil, but definitely try it without. If you are used to throwing your pizzas, you will see that the dough needs gentle handling.

It is very extensible. The flour is selected and milled to be easily shaped into a pizza base. You should not over work the dough. It will spring in the oven. The soft, well-hydrated, extensible dough will puff around the outside rim of the pizza where you do not have sauce.

And the taste is great.

Basic Vera Pizza Napoletana Dough Recipe

Ingredients

By Volume

- 4 cups **Molino Caputo Tipo 00** flour
- 1 ½ cups, plus 2-3 Tbs water
- 2 tsp salt
- 1/2 tsp dry active yeast

By Weight

- 500gr **Molino Caputo Tipo 00** flour
- 325 gr water (65% hydration)
- 10 gr salt
- 3 gr dry active yeast

We highly recommend cooking by weight. It is fast, and easy to get the exact hydration (water to flour ratio) and dough ball size you want. Personally, I do not use recipes or a mixing cup when I cook dinner for the family, but pizza and bread dough are different. Being exact counts, and nothing works better than a digital scale.

Mix the dough in a stand mixer, by hand or in a bread machine. If you are using a stand mixer, mix it slowly for two minutes, until you have made a ball. Let the dough rest for 10 minutes, to allow the flour to absorb the water. Then, mix at a middle speed (3 or 4 on a KitchenAid) for 5 minutes, and slow for 2 minutes.

Shape the dough into a ball, place it in a slightly oiled bowl, cover it with a towel, and let it rise for 1 1/2 – 2 hours, or until double. Punch it down and push out the air bubbles. Form the dough into a large ball, then cut it into 4-5 equal pieces.

To make your pizza balls, shape each piece of dough into a ball. Gently shape your dough into a ball, then stretch the top of the ball down and around the rest of the ball, until the outer layer wraps around the other side. Pinch the two ends together to make a smooth ball with a tight outer "skin." Set your ball seam-side down where it can rest. Dust your pizza balls with flour, and store them under a damp towel, in a proofing tray, or under plastic wrap. This will prevent the outside of the ball from drying out and creating a crust, and becoming difficult to work with. The top of the pizza ball should be soft and silky.

Your pizza balls will need to rest for about an hour to become soft and elastic, so that they can be easily stretched into a thin crust pizza.

If you don't need your pizza balls for a few hours, you should refrigerate them, and bring them back out of the refrigerator an hour or so before you want to use them.

Try making your pizza balls the day before you need them. Overnight refrigeration helps the dough develop more flavor, and a fully developed dough browns better in your oven.

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