

# Homemade Pizza

## Naples Dough at 70% Hydration

From *Mastering Pizza* by Marc Vetri and David Joachim

AhealthyU Cooking Demonstration with Sean Casey and Stacey Marien, January 2021

### Starter

- 354 grams King Arthur bread flour
- 354 grams water
- 1/8 teaspoon active dry yeast

Mix ingredients and cover tightly. Let stand at room temperature for 24 hours.

### Dough

- 340 grams water
- 1/8 teaspoon active dry yeast
- 638 grams King Arthur bread flour
- 20 grams fine sea salt

Add water and yeast to starter. Mix. Add flour and salt. Mix. If using a stand-up mixer, attach dough hook and mix for 12 minutes. Dough will be loose and sticky.

### Ferment

Cover tightly and ferment in refrigerator until it doubles; at least 2 hours and up to 24 hours. Long fermentation means more flavor.

### Ball Up

Lightly flour hands and bench knife. Do not flour work surface or dough. Divide dough into 6 pieces, approximately 270 grams each. "Handle it with authority."

Transfer one 270-gram piece to a 2-foot work surface. Scrape and shape the dough into a ball. To do that, position the bench knife at one edge of the dough and then push the dough in the opposite direction, scraping and pushing the dough at least a foot or two away from you. It will swell up and form an oval shape. Remove the bench knife, reposition the knife on the pointy end of the dough, and proceed to push the dough in a direction perpendicular to the first. Repeat the process of pushing, scraping, and repositioning all around the 2-foot square until the dough goes from a loose oval shape to a more organized round one. When the dough becomes a somewhat organized round ball, use the bench knife to quickly transfer the dough ball to a proofing box with a tight-fitting lid. Repeat with other 5 balls. Cover tightly and refrigerate for 24 hours.

### Day 3

Let dough rest at room temperature 1-hour before shaping and baking.

## Baking

Place a pizza stone on the top rack of the oven 4-8 inches below the broiler. Preheat oven to its highest setting for 45 minutes.

Open the door for 10 seconds, and then set the oven to broiler setting. Opening the door cools the oven enough to ensure that the broiler comes on. Preheat again for 5-10 minutes while you shape and top the pizza.

## Shaping

Form into a 10-12-inch circle: Flour surface and hands. Gently poke your fingers about 1/2 inch from the edge of the dough ball all around it to begin forming the rim. The center should look thicker, like a hat. Leave the rim alone and press your fingers and palm gently into the center, moving your fingers and thumb outward to begin stretching the dough away from the center. Flip the dough over and repeat from the other side. As you work, gradually rotate the dough on the flour and keep your thumb against the rim to make the rim thick and round. Lay the stretched dough on a floured peel.

Add your toppings. Quickly slide the pizza onto the baking stone. Cook 6-8 minutes.

Enjoy!