The Big Pizza Cookery Book



INTRODUCTION

This Pizza book will take us on a magical trip to Italy.

The Italians say that eating is the second most beautiful and important thing in the world. The cave men baked bread which looked like a pizza, a round flat dough-cake made from flour and water, baked on red-hot stones.

The classic pizza as we know it today is about 300 years old. The ancient Egyptians taught the Greeks the art of baking bread.

Soon the Greeks surpassed their teachers and began to enrich the dough with spices, oils, eggs and herbs. They were also the first to cover the dough with toppings before baking, thus turning the pizza into a main course.

The Italians were equally inventive where good eating and making the most of very little were concerned.

The cuisine of the region around Naples offers delicacies that are appealing to the taste buds as well as to the eye. The harbour town of Naples is the culinary centre of Southern Italian cuisine.

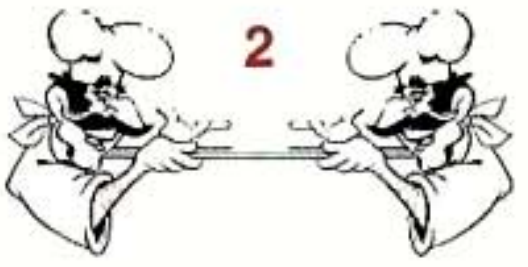
The classic pizza owes its existence not least to the discovery of the tomato which was brought to Europe from Mexico.

The cook who first refined the slightly dull dough cake with pureed tomatoes, oil, salt and a little cheese was, of course, a Neapolitan.

Many of his fellow citizens loved the new recipe and copied it.

Thus the best-known pizza, the pizza Napoletana, was born.

Today the pizza has fans all over the world.



In Naples you don't eat pizza at home, you go out to a pizzeria, a meeting place for rich and poor, young and old. Each region and every housewife in Italy has their own personal recipes to spoil even pizza connoisseurs.

You can find a huge variety of flavours and shapes; but whether the pizza is round, angular or square the most important thing is the taste.

The pizzaiolo follows three basic rules in order to make a genuine pizza:

- you can only make pizza with yeast dough
- only the surface of the dough may come into contact with the topping
- it's best to bake the pizza as quickly as possible in a very hot wood-fired oven.

Apart from the Pizza Napoletana, the best-known pizza is the Margherita. This took its name from Margherita, the wife of King Umberto of Savoy, who first tasted the delicious dish in Naples in the 19th century.

It is topped with ripe tomatoes and fresh mozzarella, and the pizza is rounded off with olive oil and pecorino (ewes' milk cheese).

The pizza as we know it today has developed to its present state of perfection over the centuries. Try the crisp dough with its juicy toppings for yourself and you will soon see why pizza has so many fans all over the world.

As they say, the proof of the pizza is in the eating - especially in good company and with a glass of wine!

We hope you'll enjoy cooking (and eating) the delicious dishes suggested in the following recipes!



THE PIZZA DOUGH

250 g flour

1/8 l water

20 g yeast

a pinch of sugar

a pinch of salt

2-3 tablesp. olive oil

Sift the flour into a bowl and make a hollow in the centre. Mix the yeast, sugar and lukewarm water in the hollow, dust the mixture with a little flour and leave to rise for approximately 30 minutes.

Knead all the ingredients into a dough and leave to rise for another 30 minutes.

Knead again, roll out, put into a greased baking tin and leave to rise again for approximately 15 minutes. Then spread with toppings of your choice.

If you don't want to spend so much time preparing the dough, here's a tip to save time: just buy some frozen ready-to-bake pizza dough from your nearest supermarket!

CLASSIC PIZZA

PIZZA NAPOLETANA



420 g ripe tomatoes

50 g cloves of garlic

32 g oregano

160 g Parmesan cheese

Wash and cut the tomatoes into thin slices. Peel the garlic.

Roll out the dough, spread it over the baking tray and top it with the tomatoes. Spread the crushed garlic over the tomatoes. Sprinkle with oregano and a little olive oil. Bake at 250° Celsius for approximately 20 minutes or until the crust is golden brown.

C L A S S I C P I Z Z A

PIZZA MARGHERITA



300 g tomatoes

35 g olives

140 g Mozzarella cheese

55 g Parmesan cheese

22 g oregano

Wash and slice the tomatoes. Roll out the dough and place on a greased baking tin. Top with tomatoes and spread the sliced Mozzarella on top. Sprinkle with oregano and olives, then with the grated Parmesan cheese. Bake in a preheated oven at 250° Celsius for approximately 20 minutes.

C L A S S I C P I Z Z A S

PIZZA QUATTRO STAGIONI (Four Seasons)



90 g tomatoes
80 g courgettes
30 g onions
72 g salami
60 g prawns
220 g anchovies
120 g mussels
185 g Mozzarella cheese
12 g parsley
12 g oregano

Spread chopped tomatoes, courgettes, salami and anchovies on one quarter of the pizza base each. Next, sprinkle the chopped oregano onto the tomato and the salami.

Spread the prawns and mussels on top of the anchovies, then put the parsley on the courgettes and the onion rings on the salami. Now top the whole pizza with the sliced and grated Mozzarella. Bake in a pre-heated oven at 180° Celsius for 15-20 minutes.



C L A S S I C P I Z Z A S

PIZZA ANDREA DORIA



260 g tomatoes
50 g olives
60 g onions
40 g garlic
420 g anchovies
45 g Mozzarella cheese
16 g sage

Cover the dough with the tomatoes, then spread whole and chopped anchovies over the tomatoes. Top with sage leaves and olives.

Now put the cloves of garlic and onion rings on the pizza to improve the taste even more. Finally sprinkle the grated Mozzarella over your creation.

Bake in a pre-heated oven at 220° Celsius for 20-25 minutes.

M E A T & P O U L T R Y P I Z Z A

PIZZA SALAMI



140 g tomatoes
20 g olives
40 g mushrooms
220 g salami
160 g anchovies
140 g hard-boiled eggs
190 g Mozzarella cheese

Spread the salami, sliced tomatoes, eggs, anchovy fillets, olives and mushrooms evenly over the dough. Cover with the Mozzarella and bake in a pre-heated oven at 180° Celsius for 15-20 minutes.

MEAT & POULTRY PIZZA

HAM PIZZA



260 g tomatoes
35 g olives
30 g onions
60 g chanterelles
15 g bacon
250 g ham
55 g Mozzarella cheese
16 g lemon balm

Cover the pizza base with the tomatoes. Now add the cut bacon and ham. Spread the diced onions, chanterelles and olives evenly over the pizza. Decorate with the lemon balm leaves and top with Mozzarella.

Bake in a pre-heated oven at 180° Celsius for 15-20 minutes.

MEAT & POULTRY PIZZA

MINCEMEAT PIZZA



120 g tomatoes
100 g red or green peppers
120 g onions
30 g garlic
50 g mushrooms
30 g bacon
420 g mincemeat
145 g Provolone cheese

Spread the tomatoes and the mincemeat over the pizza, then top with onion rings, chopped bacon and garlic cloves. Now decorate the pizza with the peppers, mushrooms and pieces of Provolone cheese.

Bake the pizza in a pre-heated oven at 180° Celsius for 15-20 minutes.



M E A T & P O U L T R Y P I Z Z A

CHICKEN PIZZA



20 g olives

30 g garlic

80 g mushrooms

100 g chicken

320 g pineapple

55 g Parmesan cheese

8 g oregano

Spread the chicken pieces, crushed garlic and olives over the pizza base, followed by the pineapple. Decorate with oregano.

Finally top with mushrooms and sprinkle with Parmesan cheese.

Bake in a pre-heated oven at 180˚ Celsius for 15-20 minutes.

F I S H & S E A F O O D P I Z Z A

PRAWN PIZZA



80 g scampi

240 g shrimps

175 g Gorgonzola cheese

8 g parsley

12 g oregano

Spread the scampi and shrimps evenly over the pizza base. Sprinkle with herbs and Gorgonzola cheese.

Bake in a pre-heated oven at 180˚ Celsius for 15-20 minutes.

F I S H & S E A F O O D P I Z Z A

FISH PIZZA



160 g tomatoes
80 g courgettes
160 g shrimps
40 g squid
160 g anchovies
10 g salmon
140 g hard-boiled eggs
340 g Mozzarella cheese
16 g oregano

Lay the tomatoes and courgettes on the dough. Arrange the seafood and the egg decoratively on top, then sprinkle with oregano and cheese and bake in a pre-heated oven at 180° Celsius for 15-20 minutes.

F I S H & S E A F O O D P I Z Z A

SICILIAN MUSSEL PIZZA



140 g tomatoes
25 g olives
220 g carrots
80 g leeks
80 g onions
160 g cockles
80 g mussels
320 g Mozzarella cheese
16 g oregano

Cover the base with tomatoes, then spread the mussels, cockles and olives on top. To complete the picture add the vegetables, then sprinkle with oregano and top with Mozzarella.

Bake in a pre-heated oven at 180° Celsius for 15-20 minutes.

F I S H & S E A F O O D P I Z Z A

SALMON PIZZA



140 g tomatoes

20 g olives

220 g leeks

40 g mushrooms

120 g salmon

40 g Bel Paese cheese

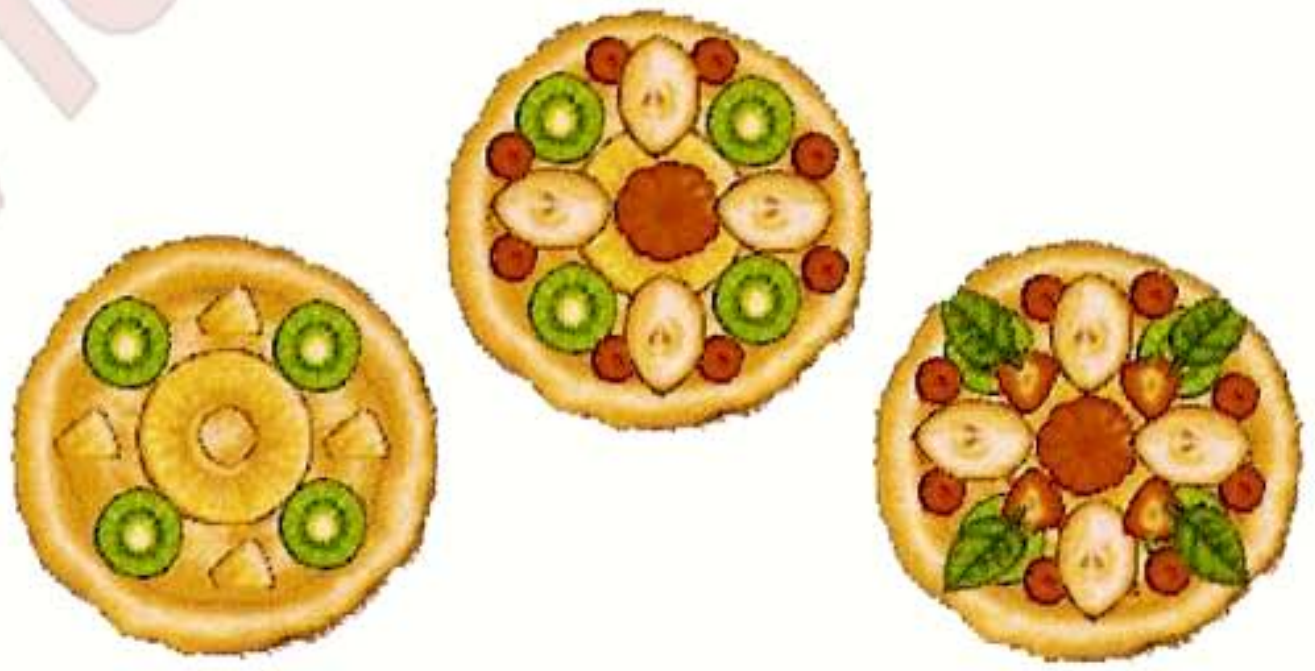
8 g oregano

First cover the base with tomatoes and mushrooms, followed by salmon - the main topping of this pizza - and the vegetables. Then sprinkle with the grated Bel Paese cheese and oregano.

Bake in a pre-heated oven at 180° Celsius for 15-20 minutes.

F R U I T & V E G E T A B L E P I Z Z A

PIZZA EXOTICA



160 g apples

40 g mandarin oranges

80 g cherries

200 g pineapple

240 g kiwi fruit

40 g strawberries

16 g lemon balm

Spread the tasty kiwi fruit and pineapple over the pizza base, followed by the mandarin oranges, strawberries and cherries. Finally decorate with slices of apple and lemon balm leaves to create a feast for the taste buds and the eyes.

Bake in a pre-heated oven at 180° Celsius for 15-20 minutes.

VEGETABLE PIZZA



40 g tomatoes
100 g courgettes
40 g chillies
80 g sweet corn
40 g mushrooms
32 g chanterelles
30 g wild mushrooms
480 g Mozzarella cheese

Once again mushrooms, courgettes and Mozzarella form the first layer of our pizza. The next toppings are chillies and the chopped tomatoes. Finally add the chanterelles, wild mushrooms, sweet corn and chopped courgettes.

Bake in a pre-heated oven at 180° Celsius for 15-20 minutes.

Le Vieux Manitou



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