

Recipe for authentic Italian Pizza

Recipe for 2 people

Ingredients

500g of flour

300ml of warm water

15g of salt

30g of olive oil

About 6g of fresh yeast or equivalent dried yeast

Directions

1. First, put the flour, salt and dried yeast into a large bowl and start mixing. (If you are using fresh yeast, mix it with a cup of warm water before adding it to the flour and salt mixture.)
2. Then, pour 300ml of lukewarm water a bit at a time and start to knead the ingredients into dough with your hands.
3. Meanwhile, add the olive oil a bit at a time and continue mixing until the dough is smooth and elastic.
4. When your dough is ready, put it on a floured surface (chopping board, tray) and keep kneading the dough and stretching it a bit.
5. Once the dough has become a smooth ball, place it in a bowl, cover it up and put something (blanket, towel) on it to keep it warm.
6. Now, leave your dough to rest for about 1 or 2 hours.
7. Next, take the dough out of the bowl and put it onto a floured surface.
8. You are now ready to separate your dough into equal parts for how many pizzas you want. Then start working each part to



obtain smaller dough balls. To do this, rotate the dough and move it from one side to the other of the board.

9. When you have done this, put your pizza balls in a container, cover it and leave to rest for 4/5 hours.
10. In the meantime, preheat the oven to about 200°C/250°C.
11. After 4/5 hours, put the dough on a floured board and roll each ball out. Use a rolling pin and make sure that it is even and the thickness is the same on all sides.

Now's your chance to decide how thick you want your pizza to be! Do you want it pizza alta (Neapolitan-style) or pizza bassa (Roman-style)?

12. Next, transfer the dough onto an oven tray covered with baking paper. Add tomato sauce, if you want a pizza rossa (red pizza). Lots of pizzas in Italy are actually pizza bianca, without tomato sauce, so don't feel like you have to! Brush the edges of the crust with a little bit of olive oil.
13. You are now ready to add the mozzarella cheese (sliced or grated) on top, as well as any other toppings. If you want any cold cuts (salami, ham) on your pizza, put these on only once the pizza is cooked.
14. Lastly, bake each pizza for about 10/15 minutes. Let the pizzas bake until the crust is browned and the cheese is melted. By lifting up the pizza to peek underneath, you can make sure the bottom has browned, too.
15. Finally, remove your pizzas from the oven and, for a real Italian touch, garnish with a few basil leaves.

You can now enjoy your delicious meal, BUON APPETITO!