



COOKING LESSONS

ITALIAN RECIPES

PIZZA

Base

- 1 kg white flour
- ½ litre tepid water
- 1 cube/ 1 packet brewer's yeast
- 10g salt
- 20g sugar

Put sugar and yeast in water and leave for 10 minutes. Form mound of flour on table, make hollow in middle, pour in water mixture little by little, amalgamating everything with the hands. When there is a soft dough without lumps, sprinkle a little flour over the top, cover with a cloth and leave for 2 or 3 hours to rise.

Toppings

Margherita

fresh tomatoes, mozzarella cheese, basil, olive oil, salt, pepper.

Capricciosa

puréed tomatoes (not concentrated), artichokes, capers, chili pepper, parsley, garlic, olive oil, salt.

Courgettes

'provolone' cheese

Preparation

Cut courgettes into small cubes and cook in olive oil in a saucepan for 5 minutes with 1 clove of crushed garlic and a little pepper or chili pepper.

Put courgette mixture onto base, add little pieces of cheese on top and cook in oven.

IMPORTANT TIPS

Never put oil on baking tray under pizza base to stop it sticking - the base must remain crispy like bread underneath.

When cooking pizza, the oven temperature should be at least 350° C and the cooking time very short.