



THE SCHOOL OF
ARTISAN FOOD

Roan

Baguettes & Pizza

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With Kevan Roberts

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Method

Key stage	Comments
Levain mixing	Add the wheat levain starter to the flour and water and mix until the dough comes together. Cover and ferment for up to 12 hours at 22°C (room temperature). <u>Mixing guideline</u> Mixer type = spiral Slow speed = 3 mins
Autolyse mixing	Mix the flour and water. Mix on slow speed until almost smooth. Place dough into a container, cover and leave to autolyse for 60 minutes. <u>Mixing guideline:</u> Mixing time = 4 minutes Mixing speed = 1 Autolyse time = 60 minutes Holding temperature = 22°C
Dough mixing	Return the dough to the mixer and add the salt, yeast and levain. Mix on slow speed until good gluten development has been achieved. Check FDT to ensure that the dough has reached optimum temperature. <u>Mixing guideline</u> Mixer type = Spiral mixer. Speed 1 = 4 minutes, adding salt, levain and yeast. Speed 2 = 3 minute, adding second stage water.
Bulk fermentation	Remove dough from the mixer and place into a lightly oiled dough container. Fold to neaten and cover. <u>Bulk ferment</u> 2 hours at 22°C.
Folding	Neatly stretch and fold the dough inside the container. Take care not to tear the dough. Folds: x2 @ 30-minute intervals

Dividing and shaping	Tip out the dough onto the workbench. Use a metal scraper to cut the dough into even portions, each weighing 450g. Apply even tension to shape the pieces into batards and distribute onto wooden proving boards. Cover and rest for 20 minutes. <u>Shaping</u> Scaling weight = 450g Pre-shape = batards Bench rest = 20 minutes Resting temperature = 22°C
Final shaping	After resting, apply tension to shape the dough into desired shape. Final shape = various
Final fermentation	Place the shaped dough onto boards covered with floured couches. Cover and leave to prove. <u>Final proof</u> Proving time = 60 minutes. Proving temperature = 24°C.
Baking	Ensure dampers are closed. Load into the oven using setters and inject a full amount of steam. Release the damper as needed. Remove from the oven once optimal bake has been achieved. <u>Baking</u> Oven type = deck Temperature = 240°C Steam = full Baking time = Varies, shape dependent Damper release = Varies, shape dependent <i>430g dough <u>Dod style</u> 50ish cm = 22 mins ↳ Full steam</i>

Introduction

The earliest recorded recipe for pizza appeared in Naples in 1858 although the dish was recognised by Neapolitans since at least the 18th century.

It's safe to say that most ancient civilisations had their very own versions of pizza but it was in Naples where the very first pizza was combined with red tomato and a dough base to create the worldwide gastronomic delight we know today.

In Naples, the Margherita and Marinara are the two most authentic varieties of pizza.

Margherita pizza is named after Queen Margherita who was only 17 at the time she married King Umberto of Savoy. When the Queen arrived in Naples, on vacation, Vesuvius stopped erupting.

Needless to say this made the Queen very popular.



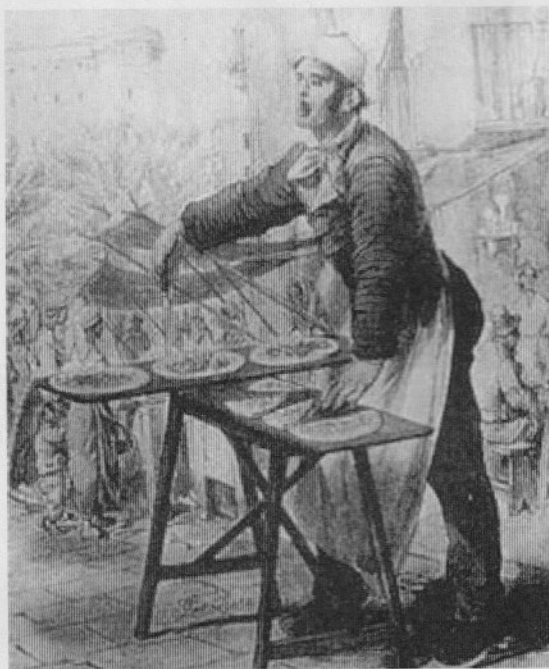
The Queen became tired of the fancy French cuisine prepared by the royal chef and wanted to try some of the food that the commoners ate.

Enter Raffaele Esposito the best pizzaiolo in Naples and owner of Pizzeria di *Pietro e Basta Così* which means "Pietro and that's enough".

Pietro also brought an assistant with him to the royal kitchens, Pasqualina Brandi, along with his wife, to prepare three types of pizza for the Queen. Together they decided not to make the typical marinara pizza made with tomatoes, oregano, garlic and oil because they were afraid the Queen would be insulted by the use of garlic.

Interestingly Marinara is not lavished with lots of seafood as often is the presumption. Local fisherman often ravenous after their days work would request this fast food and eat on their way home, hence the Marinara was named after the fisherman.

Raffaele made three varieties of pizza for the Queen one with small fish, the second with olive oil and cheese and the third pizza topped with tomato, mozzarella and basil.



The same evening Raffaele received a letter from the Queen explaining how very good the pizzas were, and they were so good that Raffaele's pizzeria was given the official royal title of "Purveyor to the Royal House"

Raffaele was so delighted by this news that he is said to have replied "Margherita, in your honour, your majesty"

An alternative to the story is that Raffaele created the green, white and red to represent the Italian flag, although it has been documented that the combination of tomato, mozzarella and basil on pizza was already established in the city of

Naples.

Naples is the city where you can eat pizza in the oldest pizzeria in the world. Since 1830 pizzeria 'Port Alba' has served take away pizza. Some Neapolitans say the Italians gave us pizza and the Americans gave the box to take it away in.

Initially pizza makers worked from simple workshops making pizza to send out to the citizens of Naples by the means of travelling salesmen, who would precariously balance the round metal containers called "stufe" or oven on their heads. The stufe rested on a wrapped cloth in the shape of a bagel to aid balance and presumably stop the salesman from receiving a burnt head.

The salesman also had a foldable table to place the pizza on to complete his transaction. Often pizzas were cold and he would have to reduce his price. The salesmen would leave their empty stufe on a bench near the entrance to the workshop and pick up a new fully laden stufe. This perhaps became a good point for the hungry citizens of Naples to gather and actually sit outside the workshop to eat their pizza, thus transforming the workshop into the modern day pizzeria. Now there are over 500 pizzeria in Naples.

Associazione Vera Pizza Napoletana **(Real Neapolitan Pizza Association)**

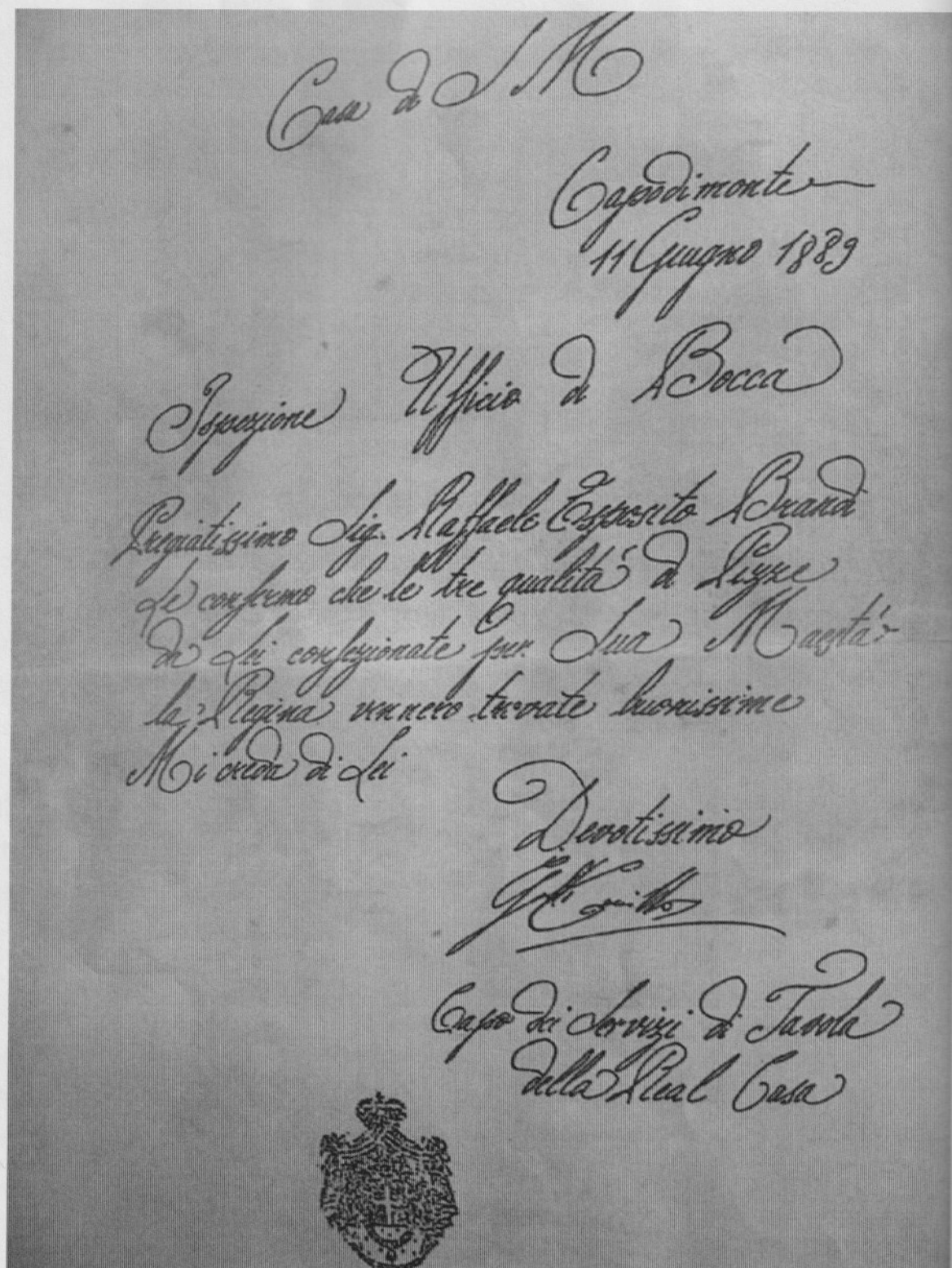


The association is made up of pizzerias from Naples committed and guided by strict rules of the pizza code which ensures the correct baking methods, process and ingredients are used.

Pizza code for great pizza

1. The dough must only contain flour, water, yeast and salt
2. Dough must be kneaded by hand or with approved mixers
3. Dough must be punched down by hand, never mechanically or with a rolling pin
4. The dough should mature for at least 6 hours
5. The diameter of a pizza base must never exceed 30cm
6. The pizza must always be baked on the sole of the oven, never in a pan
7. The oven must be made of brick, or similar material such as volcanic stone
8. The fuel must be wood
9. The oven temperature must be at least 400°C
10. Marinara, must be made with only tomato, oregano, garlic, olive and salt
11. Margherita, must be made with only tomato, mozzarella, olive oil, basil and salt
12. The pizza must not be crusty, but well done and fragrant with a soft high edge
13. Variation on the classics can be inspired by tradition and fantasy, provided they are not in conflict with the rules of good taste and culinary laws

Queen Margherita's letter to Raffaele, which to this day still hangs in the Pizzeria Brandi:



The Core Ingredients

The Wood Oven

What really distinguish an authentic Neapolitan pizza are not only the tomatoes, mozzarella and basil but the unmistakable aroma of a wood fired oven. The wood fired oven is integral to authentic Neapolitan pizza.

The code of Vera Pizza Napoletana states that the inside of the wood fired oven must be lined entirely with special heat resistant bricks.

Neapolitan pizza ovens are dome shaped and the ceiling of the oven heated by flames created by burning wood on the stone sole. This is called direct firing which allows intense heat, typically above 400°C

In Naples the pizza oven fire always remains warm as the burning embers maintain the heat. Pizza will take around 90 seconds to bake in the 400°C wood oven.

The pizza is baked directly on the oven floor or sole and at over 400°C the tomato dehydrates to exactly the right degree, the basil keeps its aromatic qualities, the mozzarella takes on golden tinges without over thickening, and the fatty acids in the olive oil don't alter their structure. Simply fast food at its best.

Dough

Pizza dough should only have four basic ingredients; flour, water, salt and yeast.

In Italy the flour is lower in protein which forms the gluten when mixed with water. Bakers term this as "soft wheat" which is great for making cakes and pastries but not so good for pizza.

Italians blend the softer Tipo '00' or Tipo '0' flour with American or Canadian Manitoba flour which is higher in protein and is milled from "hard wheat" to achieve the desired chewiness. Water should be warm to the touch which will help with the dough's extensibility.

Many pizzaiolo will have their own secret dough starter cultures which add additional depth of flavour. Typically these are called biga or natural yeast (lievito naturale).

Traditionally many bakers would also use brewer's yeast.

Tomato

Tomatoes were introduced to the old world from Peru by Christopher Columbus and it was the Italians who first used them in recipes.

Traditionally San Marzano tomatoes are only used in Naples. San Marzano has a distinctive light bulb shape and it's grown in an area on the side of Vesuvius stretching to the temples of Paestum.

Typically, beside every wood fired oven would hang a bunch of fresh ripening tomatoes. Today however fresh bunches of tomato have been replaced with peeled tinned or chopped tomatoes of high quality and also ensure convenience.

Mozzarella

In Naples mozzarella means *mozzarella di buffalo*, a fresh tasty cheese made from the milk of water buffalo. It's not clear how the water buffalo found their way to Italy, but they have been raised in the area south of Rome for centuries.

The milk from the water buffalo is very rich. It has about 50% more protein and twice the amount of fat compared to cow's milk, although water buffalo milk is lower in saturated fat. Generally other types of cheeses which are used in Italy are asiago, ricotta, fontina, parmigiano reggiano, provolone and taleggio.

Basil

Basil is one of the ingredients that spring to mind when thinking about Mediterranean cuisine along with olive oil and red tomatoes.

Basil must always be fresh, it adds a splash of colour but also a sweet/sharp aromatic fragrance to the pizza. Often basil is added to the tomato topping to infuse into the sauce. Basil should be picked by hand. Basil originates from the Greek word *Basilikos* which is a Greek term for regal.

Olive oil

The ancient Greeks considered the olive tree as holy and in some regions, cutting one down was punishable by death. Today over 90% of the world's olive trees are cultivated in the Mediterranean basin. Extra virgin olive oil is produced without any chemical manipulation and is the preference of the Neapolitan pizza maker.



Pizza Margherita (The Queen of Pizza) - makes 1 pizza

original make 6

$\times 10 = 60$

Levain

Ingredient	Dough (g)	%	
T65 flour	43	54	100
Stoneground wholemeal flour	37	46	
Wheat levain starter	16	20	
Water	68	85	
Total	164		

BT=

FDT=

Pizza Dough

Drop weight: 250g

Yield: 4

Ingredient	Dough (g)	%	
T65 flour	498	100	4980
Water 16°C	324	65	3240
Mature wheat levain	164	33	1640
Salt	10	2	100
Olive Oil	5	1	50¢
Total	1001		

Topping

Ingredient	(g)
Pizza sauce	80
Mozzarella	50
Olive Oil	10
Basil (hand-pulled leaves)	5-6

Method

Levain

Using a wheat levain starter, add the flours to the water and mix by hand until the dough comes together. Cover and bulk ferment for up to 12 hours at 18°C.

Mixing by hand

Mix the flour, water and mature levain together and knead until free of flour lumps and the dough appears coarse.

Allow to rest for a minimum of 20 minutes (autolyse method).

Add the salt and perform a series of folding and resting intervals until the dough is soft, smooth and silky.

Bulk fermentation

Place the dough into a bowl and cover.

Allow to rest for about 2 hours, or until doubled in size.

Pre-Shaping

Using a plastic scraper, divide the proved dough into two equal portions and gently round by hand.

Resting

Place the rounded dough balls into a container, lightly dusted with flour, and cover.

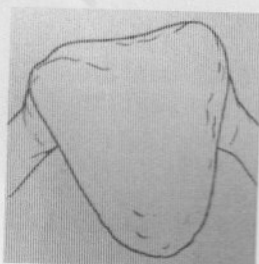
At this stage the dough can rest for up to 12 hours at room temperature, or alternatively, refrigerate overnight to develop a fuller flavour.

Shaping



Dust the dough with a little flour.

Keeping fingers flat, gently press the dough into a disc.



Drape the circle of dough over closed fists.



Keeping thumbs turned away from the dough, move your fists up and down, stretching the dough evenly as you work around the edge of the circle.



Finally, thin the rim of the dough. If you are feeling adventurous give the pizza a toss!

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Baking

Place the dough circle on a peel, dusted with flour or semolina to prevent sticking.

Spoon some of the sauce onto the dough and spread evenly using the back of a spoon, leaving a 2cm rim at the outer edge.

Drizzle with olive oil, top with slices of mozzarella and season with salt.

Using the peel, place the pizza inside the oven and bake until the crust is crisp, and the cheese has become perfectly gooey.

Basil can be added before, or after baking, as desired.

