

**VERA
PIZZA**



Napoletana

The 10 rules to learn how to recognize the **Real Neapolitan Pizza**



Pizza

Pizza is an **artisanal product**, so it could be slightly different from pizzeria to pizzeria.



The dough

The dough is made with just **water, salt, yeast and flour** and is left **to proof for at least 8 hours**.



The stretching technique

The disk of dough is **stretched exclusively by hand**. This technique moves the air from the centre outwards so that the edge stays more puffy and will form the crust with the cooking.



The Products

The products used have to be preferably **from Campania**.

- The **peeled tomato** crushed by hand doesn't have to look too dense but chunky.
- In case of **fresh tomato**, it has to be chopped in slices.
- The **buffalo mozzarella** (chopped in slices) or the **fior di latte** (chopped into strips) have to be spread uniformly on the pizza.
- The **grated cheese** (if used) has to be spread on the pizza with a circular and uniform movement of the hand.
- The **fresh basil leaves** are just put on the condiments.
- The **extra vergin olive oil** is poured with a spiral motion.



Besides the Margherita and the Marinara other kinds of pizza are allowed as long as they meet the AVPN regulation and the Italian gastronomy.



The cooking

The pizza must be cooked in a **wood-fired oven**, and not using a baking pan, for **60-90 seconds**.



Cooking quality

The pizza has to be **easy to fold** (a libretto). The **crust has to be 1-2 cm** high, even and puffed up. Its color should be **golden** and with a very few burns and bubbles. Lifting one side of the pizza, and seeing the part underneath check if it is golden and without strong burns.



The appearance

The pizza should be **round**, with a diameter **non greater than 35 cm**, the crust has to be puffed up, while the center has to be max 4 mm thick. The red of the tomato stands out in the middle and blends with the oil and with the green of the oregano and the white of the garlic in the **Marinara**, and with the white of the mozzarella and the green of the basil leaves in the **Margherita**.



The Aroma

When the pizza is just taken out of the oven, it should have:

- **an intense smell of baked bread**,
- a slightly acid scent of tomatoes and mozzarella,
- a fruity and spicy flavor coming from the oil and the garlic,
- a fresh and "grassy" flavor of the basil and the oregano.



The taste and the harmony

The pizza has an **intense and balanced flavor**, the aroma of the baked bread blends with the slightly acid flavor of tomato, with the savory mozzarella, the fresh basil and with the bitter and spicy tastes of oil and garlic.



The nutrition facts of the Neapolitan pizza

Pizza is a dish that is the **emblem of the Mediterranean diet**:

Pizza Margherita: Energy value: about 800 Kcal (made with a ball of dough of 250 grams).

Pizza Marinara: Energy value: about 550 Kcal (made with a ball of dough of 250 grams).