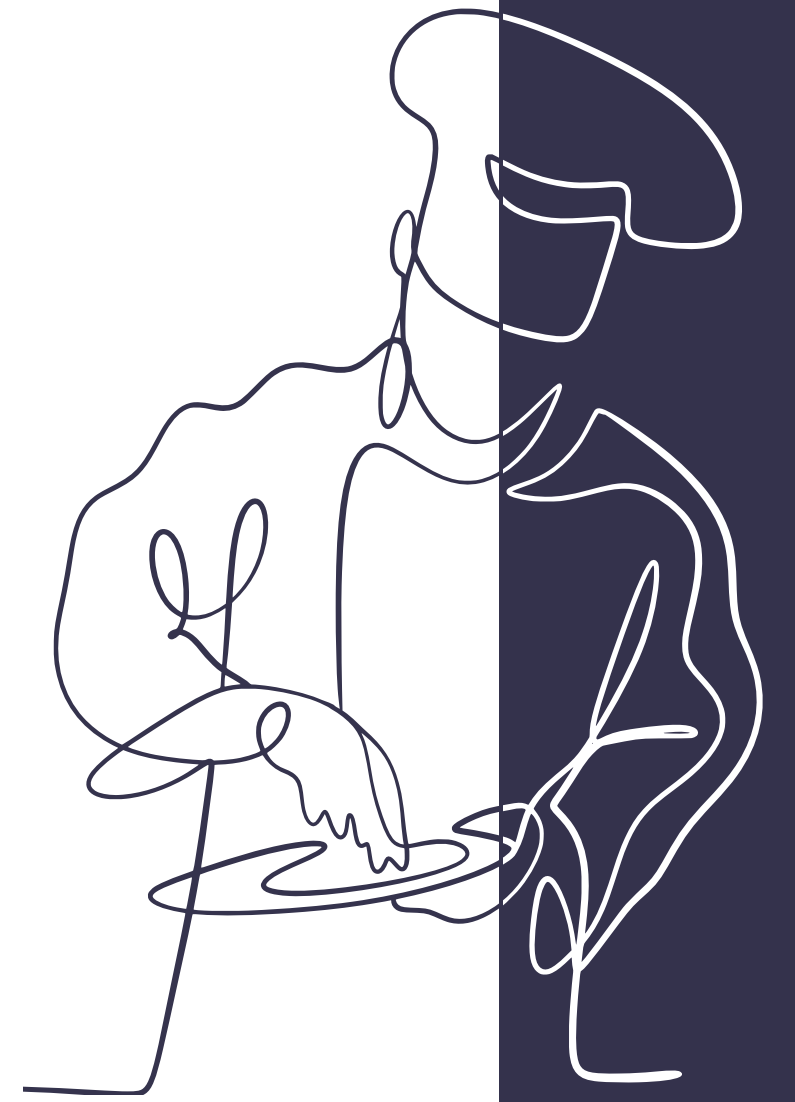


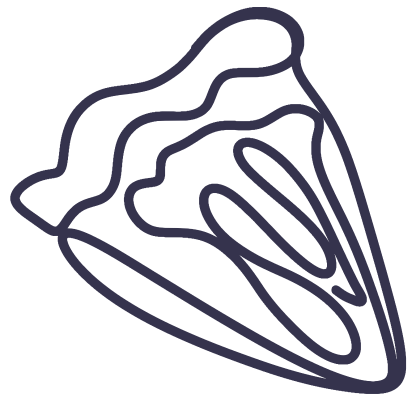
# PIZZA E GELATO RECIPE BOOK

  
**TOWNS** *of* ITALY  
*Cooking Schools*



## OUR RECIPES

Pizza



Vanilla Gelato  
Chocolate Gelato  
with Waffle cup





# Pizza

1

## TO MAKE THE DOUGH

### *Preparation*

#### *Ingredients for 5 portions*

500g (1.1lbs) Flour  
325ml (1.37 cups) of lukewarm water  
3g (0.1oz) of yeast  
12,5g (0.44oz) of salt  
10ml (0.7tblsp) of extra virgin olive oil  
Semolina as required for dusting

Dissolve the yeast in the water with the help of a fork or whisk. Put the flour on your work surface or in a mixing bowl and create a well in the center. Into the well add the yeasted water and olive oil and begin to dissolve some of the flour until a paste is formed. Now add the salt change to a scraper or spatula and incorporate 90% of the remaining flour. Once your dough is holding together as one, begin to knead it using the palms of your hands.

Continue to knead and add flour until you have a consistency that is soft, elastic, and slightly tacky. Knead for around 10mins to develop the dough sufficiently. Once you've finished kneading, create an evenly shaped dough ball and place it into a bowl that has been oiled with extra virgin olive oil, cover with cling wrap or a damp cotton cloth, and leave to rise for 2 hours.

After this bulk fermentation is finished the dough will have roughly doubled in size, now portion the dough into balls of between 180g & 250g (6.3 & 8.8oz) and space them out evenly on a tray, covering again with a damp cotton cloth or cling wrap. Leave to rise between 4 and 6 hours. Prepare your work surface with a generous covering of semolina and flatten out the dough to form a disk. Now stretch out the dough until you have your desired size and thickness. Dress your pizza as desired. To cook the pizza, preheat the oven to 220-250 degrees centigrade and cook it for approximately 12 minutes.



# Pizza

2

## TO MAKE THE PIZZA SAUCE AND MOZZARELLA

### *Preparation*

Mix all ingredients together, cover and store in the fridge until use.

### Preparations for Mozzarella:

Dice your fresh fior di latte mozzarella into cubes of about 1cm and place in a strainer. Store in the refrigerator for at least 2 hours to allow much of the liquid to drain out. Cover the mozzarella to ensure it does not absorb any odours from other foods in the refrigerator.

### *Ingredients*

175g (6 oz) of tomato puree  
or passata

Salt to taste

Oregano to taste

Fresh basil to taste

Ground pepper to taste

Extra Virgin Olive oil





# Pizza

3

## EXTRA PIZZA TOPPINGS - FRIARIELLI

### *Preparation*

### *Ingredients*

300g of cima di rapa (rapini or broccoli rabe), or Broccolini/Broccoli  
2 peeled garlic cloves  
1 small chopped chilli  
pepper, fresh or dried  
Salt to taste  
Extra virgin Olive oil  
Ground pepper to taste

Cima di rapa (rapini or broccoli rabe) is a member of the brassica family and is a more leafy and bitter version of broccolini. It is used widely in Mediterranean cuisine, but if you can't find it, substitute with broccolini or broccoli – and include their leaves.

Fill a bowl with water and wash the rapini, removing any yellowing leaves and separating the leaves from all but the thinner parts of the stems. Drain off the water and set aside.

In a pan, heat the extra virgin olive oil with the garlic and chilli. Once the garlic begins to sizzle, add the rapini and cook, covered, over a medium to high heat until some liquid forms on the bottom of the pan. Add salt and pepper and continue cooking, lowering the heat to ensure some liquid remains at the bottom of the pan. Cook for around 15min or until the rapini is soft.



# Pizza

4

## EXTRA PIZZA TOPPINGS - PICKLED ONIONS

### Ingredients

5 red onions  
1L (4.2cups) of water  
250ml (1cup) red wine vinegar  
500g (1.1lbs) of sugar  
Bay Leaf  
Peppercorns

### Preparation

Into a pot pour the water, vinegar, sugar, bay leaf and pepper. Bring to a boil, stirring occasionally to dissolve the sugar.

In the meantime, peel and cut the onions into quarters and separate into pieces. Add the onion to the boiling liquid and leave to boil for roughly 2min, then turn off the stove and allow to cool. Store the onions in the liquid in the fridge as a tasty topping for pizza and a great accompaniment for foods such as meats and cheeses.





# Pizza

5

## EXTRA PIZZA TOPPINGS - ZUCCHINI SCAPECE

### *Preparation*

Slice the zucchini into 1½ cm thick pieces (.2 inches), then cover the bottom of a pan with peanut oil and add the zucchini once heated.

Whilst the zucchini are frying, place into a bowl the olive oil, vinegar, pepper, garlic, torn mint leaves. Once the zucchini are lightly browned, season and place in the oil mix for at least 2 hours prior to use.

### *Ingredients:*

4 zucchinis  
Extra Virgin Olive oil to taste  
Salt to taste  
Peppercorns to taste  
2 tablespoons of white wine vinegar  
1 bunch of mint  
2 garlic cloves – squashed  
Peanut oil



# Pizza

6

## EXTRA PIZZA TOPPINGS - ROASTED CHERRY TOMATOES

### *Preparation*

Halve the tomatoes and mix with a good drizzle of olive oil, salt, sugar and thyme. Pour into a baking tray and cook in a preheated oven at 130°C (266°F) for 1.5 hours.

### *Ingredients:*

200g (7oz) cherry tomatoes  
Thyme  
Salt to taste  
Sugar to taste  
Extra Virgin Olive oil





# Pizza

7

## EXTRA PIZZA TOPPINGS - GRILLED ARTICHOKE

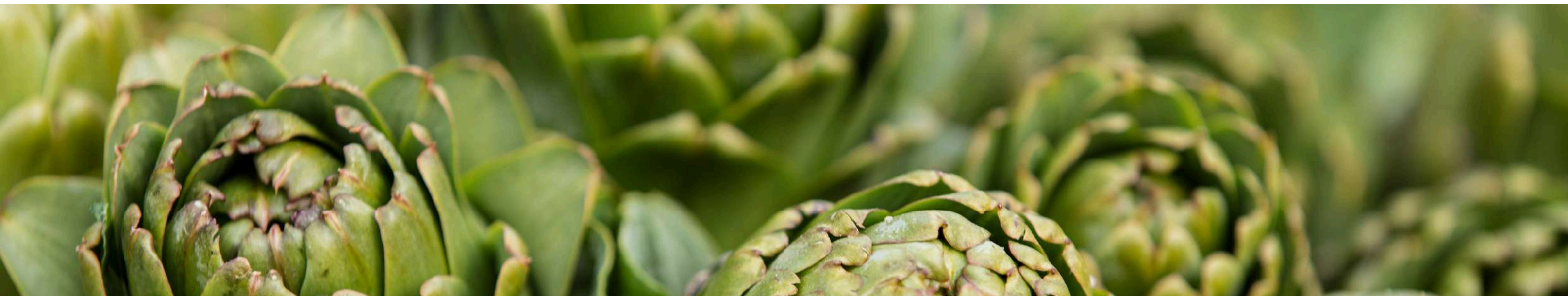
### *Preparation*

#### *Ingredients:*

4 artichokes  
Extra virgin olive oil to taste  
Salt to taste  
Pepper to taste  
3 garlic cloves  
Rosemary, thyme, parsley

To clean the artichoke, begin by trimming off the stem and removing the thornier leaves of the artichoke, leaving only the tender inner leaves. If required you can also cut the top off the artichoke as these parts of the leaves can be too fibrous. Cut the artichoke in half and with a small knife scrape out the hair like filaments above the core of the artichoke. Heat a grill, and sear the artichokes on both sides for 2mins, then allow to cool.

Meanwhile, chop the herb leaves and garlic coarsely and place in a bowl or a mason jar with the oil. Once the artichokes are cooled, add to the bowl or jar. Allow to soak for at least 2 hours prior to use.



# Vanilla Gelato, Chocolate Gelato with Waffle cup

1

## VANILLA GELATO

1L (4.2cups) Full cream milk  
150ml (0.6cups) fresh cream  
230g (8.1oz) Sugar  
1 vanilla bean  
50g (1.7oz) corn flour  
Ice

Begin heating the milk in a low to moderate heat in a pan. Scrape the seeds from the vanilla bean and add to the milk. Stir the milk often to prevent sticking.

In a bowl mix together the cornflour and sugar, being sure to mix out any lumps. Just before the milk boils, remove from the heat and begin to pour slowly into the sugar and cornflour. Once combined without lumps, pour back into the pan and return to the heat, stirring as it thickens, being sure not to boil the mixture.

Prepare a large bowl with ice and water to form a slurry and place into a smaller bowl, preferably made of stainless steel. Pour in the mixture to the smaller bowl and with a whisk or an electric beater, start to mix in order to cool down the mixture. Once below at least 30°C (86°F) add the cream and continue to mix but with a silicone spatula or wooden spoon. Cover and place in the freezer for 1 hour and bring back out and mix with the electric beater or whisk again, being sure to remove any mixture that is stuck to the side. Once all mixed evenly place in a container with a lid and store in the freezer and leave for a day before use.





# Vanilla Gelato, Chocolate Gelato with Waffle cup

2

## CHOCOLATE GELATO

Milk 1 lt/34 fl oz

Fresh Cream 100 ml/3,4 fl oz

Dark Chocolate (50% of butter cocoa at least) 100 gr/3,6 oz

Cocoa powder (Un-sweetned and at least 50% of cocoa inside) 50 gr/1,8 oz

Corn Starch 40 gr/1,4 oz

Sugar 200gr / 7,2oz

Start heating up (using a wide pan) the milk and the cream together. Make sure to keep the mixture over 60°C/140°F but below 80°C/176°F. Sink inside the chocolate to melt it. Mix constantly and grate the bottom of the pan with a rubber spatula to avoid the chocolate from sticking. In a bowl, put together the sugar, cocoa powder and corn starch. Mix them very well. Use a ladle to start melting the solids (sugar, cocoa, corn starch). With a whisk make a mixture with all. Once that is complete put the mixed ingredients inside the milk and cream. Cook everything until your liquid becomes a cream. Watch out for the temperature. Keeping it too low, the mixture will have to be cooked for longer and it will get stuck but too high and you'll burn the cream. Once you have the cream, let it cool down until it reaches room temperature. After, put into the refrigerator (not freezer) until it becomes cold. If you have time, it's better to leave the cream for at least 6 hours in the refrigerator. After, put the cream inside the gelato machine.



# Vanilla Gelato, Chocolate Gelato with Waffle cup

3

## WAFFLE CUP

125g flour (4.4 oz)  
125g water (4.4 oz)  
100g Sugar (3.5 oz)  
Pinch of salt  
1 egg  
50g melted unsalted butter  
(1,7 oz)

First of all, using a whisk, mix together the flour and the water, until you get a thick texture, with no lumps. Then add your egg, the sugar and a pinch of salt. Combine well. Lastly, add your melted butter, and mix it in quickly so that it doesn't cook the egg.

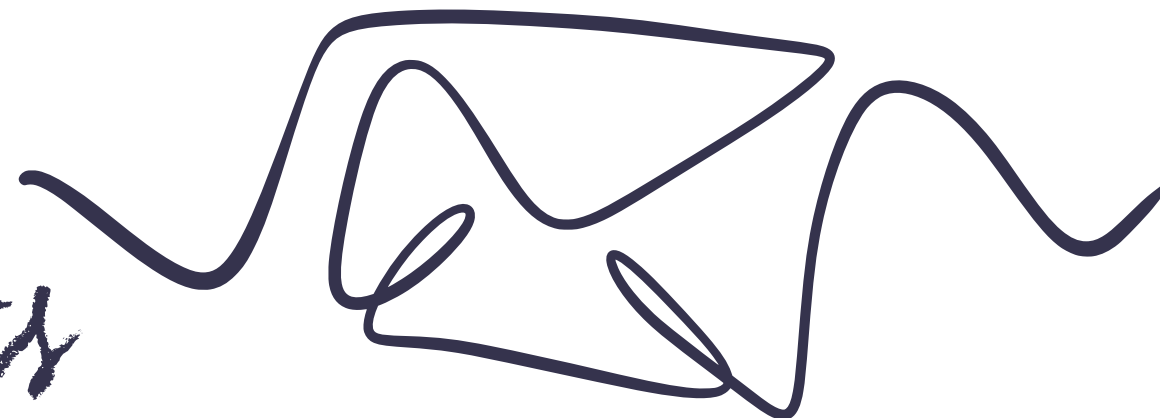
Once you have a fluid mixture, you can start to cook your waffle cones in a waffle cone machine or, if you don't have one, just preheat two pans and cook a ladle of your mixture in one of them, placing the other hot one on top.

Your waffles will be ready when they get to a brownish color, at that point you can shape them, but keep in mind that as soon as they cool down, they'll stay in that shape!





# Contacts



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