

Sunvil Supper Club

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October 2016 - Fried Neopolitan Pizza



Ingredients (serves 4)

- 350g plain flour
- 1 tablespoon extra virgin olive oil
- 1 teaspoon dry yeast or 12g fresh yeast
- 1 teaspoon salt
- Durum wheat flour for dusting
- 220ml warm water
- Pinch of sugar

Ingredients for sauce

- 400g tomato pulp
- 5 tablespoons grated parmesan cheese
- 8 anchovy fillets in oil
- Salt
- A handful of basil leaves
- Plenty of oil for frying

Method

- Dissolve the yeast in warm water with a pinch of sugar. Allow to swell for 10 minutes
- After 10 minutes, in a bowl add the flour, oil and salt to the water mixture.
- Knead until the mixture is smooth, soft and elastic
- Form a ball, lightly flour and leave in a warm place to rise until the dough doubles in size (approx. 1 hour)
- Meanwhile, fry the tomato paste in a saucepan and add a pinch of salt, pinch of sugar, basil leaves and a little oil
- Once risen, divide the dough into eight balls. Roll out each once to form discs of 10-15cm in diameter
- Pour the oil into a saucepan and heat
- Once the oil is hot, fry the pizza bases on both sides until golden brown
- Remove from the saucepan and place on paper towel to remove any excess oil
- Fill the bases with the warm tomato sauce
- Sprinkle with the parmesan and garnish with an anchovy fillet and a few fresh basil leaves. Serve immediately

The fried pizza is a typical street food in Naples This method of frying pizza bases is how the Neapolitans have made pizza at home for generations in order to recreate the authentic taste found in a local pizzeria.

Recipe courtesy of the Italian Tourist Board and ricettedellanonna.net

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