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GREATEST TOMATOES FROM EUROPE.
THE ART OF PERFECTION,
PRESERVED FOR ALL TASTES.

CAN PIZZA BE HEALTHY AND NUTRITIOUS?

THE ANSWER DEPENDS ON HOW THE PIZZA IS MADE.

Pizza has seen many transformations since its inception in Naples in the 1800s. From cauliflower crusts to pineapple toppings, some recipes hardly resemble the original. However, the first Neapolitan pizza still appears to hold the top spot for being a **healthy food** for several reasons.

According to **Food and Wine Magazine**, *Silvano Gallus, an Italian scientist*, "...took home the Medicine Prize for collecting evidence that pizza might protect against illness and death, if the pizza is made and eaten in Italy," referencing three papers he had published between 2003 and 2006 suggesting that certain types of Italian pizza may reduce the risk of heart attacks and different types of cancer."



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THE DOUGH

The type of flour used and how the dough is made is critical in how healthy the pizza will be. Using Italian 00 flour is the first step in the right direction. The recipe below is a perfect example of how to make an **easily-digestible Neapolitan-style pizza** dough.

THE TOMATO SAUCE

Using canned tomatoes from Italy will not only make your pizza healthier (there are no added preservatives, sugar or chemicals), but it will certainly **improve the flavor of the pizza**. Tomatoes are naturally low in sugars and fats but rich in **vitamin A, vitamin C, potassium, minerals, fiber** and **antioxidants** like lycopene, making them a concentrated burst of beneficial substances. Top quality ingredients are key to making a tasty and healthy pizza.



THE TOPPINGS

Choosing toppings like freshly made mozzarella, fresh vegetables, and mushrooms will create an even more nutritious pizza. While avoiding additions such as pepperoni (which doesn't exist in Italy), mounds of processed cheese and processed meat products will benefit health-conscious diners, as well.



CONTEMPORARY NEAPOLITAN PIZZA MARGHERITA



Recipe courtesy of Caputo
Il Mulino di Napoli

The contemporary Neapolitan pizza differs from the classic Neapolitan pizza in the type of dough, proofing time and stretching method.

INGREDIENTS

2 cups/16 fluid ounces water

2 ¼ lbs/8 cups type 00 flour

1 teaspoon dry or 2 ¼ teaspoons
fresh baking yeast

10 fluid ounces/1 ¼ cup water

1 ½ tablespoons fine sea salt
or 2 tablespoons coarse sea salt

METHOD

Form a dough with the first three ingredients and knead for approximately 5 minutes.

Leave the dough to rest for 24 hours at a controlled temperature between 60°F and 68°F, and humidity between 70% and 80%.

After this first proofing, add the remaining 10 fluid ounces/1 ¼ cup water and 1 1/2-2 tablespoons of salt. Knead again for 10 minutes.

Portion into 6 balls, and proof for another 8 hours.

After the second proofing, the pizza bases are formed from each ball of dough.

With a motion from the center outwards, and the pressure of the fingers with both hands on the ball, turn the dough over and around repeatedly so that it stretches uniformly. The center of the pizza should not be more than 1/16 inch thick.

Top the pizza as desired, and bake in a hot pizza oven.

The contemporary Neapolitan pizza crust is more prominent than in the classic pizza. It is also more airy, rises higher and is thicker. The oven temperature also needs to be higher (about 930°F).





LET'S MAKE IT
LIKE THEY DO
IN ITALY...

PIZZA SAUCE

Cooking like an Italian means using the best quality ingredients you can find.

It's the key to achieving exceptional results. Be sure to use canned tomatoes that will live up to this standard, and provide the flavors that **Master Plzzaioli** demand in Southern Italy. Why should your kitchen not have the same level of quality? The **Greatest Tomatoes From Europe** have done all the homework for you by providing the selected canned tomato companies which have been given their stamp of approval. This assures you of the quality you demand. Doesn't your perfectly made pizza dough deserve only the best pizza sauce?

Did you know that pizza sauce should never be cooked? It's true, if you're making a traditional Neapolitan pizza, the canned tomatoes aren't cooked until the pizza has been fired in the oven. This is another reason why you should demand only the most worthy tomatoes to grace your pizza.

Sweet, but naturally low in sugars, **quality canned tomatoes** provide a plethora of health benefits.

The **Greatest Tomatoes From Europe** are also the best, and healthiest option for tomatoes when they are not in season. What are you waiting for? You'll not only be delighted, but you'll also be rewarded with the best pizza you've ever made! Try it compared to your go-to pizza sauce, and decide for yourself. We can just hear you saying, "Mamma Mia!"

THE ART OF PERFECTION. PRESERVED FOR YOUR TABLE.

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