

Pizza is good

●薄皮比萨 ●厚皮比萨 ●简易饼皮比萨



Pizza一族请注意
还在吃传统口味的Pizza吗?
现在有新口味了
本书提供50种Pizza配方
让您体验
Pizza的无限可能和美味惊艳

Pizza就是好吃

洪昌维 著



辽宁科学技术出版社
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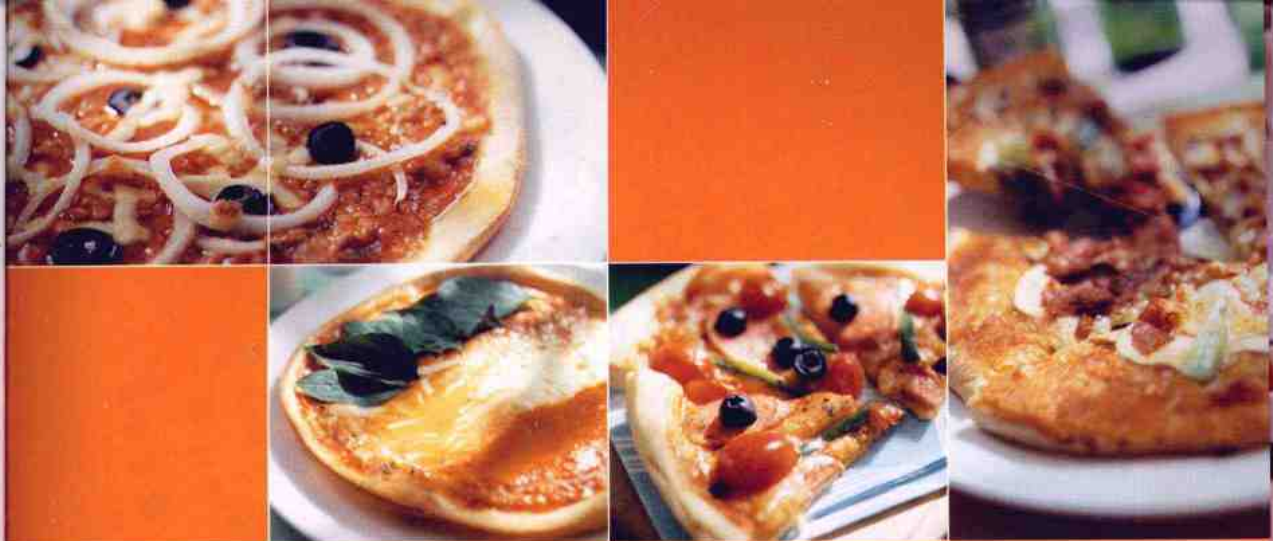
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Pizza

就是好吃

洪昌维 著

辽宁科学技术出版社
沈阳

So Good

About the Author

作者简介

洪昌维

1981 年赴奥地利维也纳进修，旅奥 14 年间，曾学艺于法国名厨 THOMAS SEILER，1990 年毕业于维也纳国际观光学院，同年考取奥地利旅馆及餐饮经理人专业执照。先后在维也纳开设过意大利餐厅以及高级中国餐厅。在中国台湾曾经营“葡萄藤酒庄”，目前经营知名意大利餐厅 SOWIESO CAFE，并曾辅导过国内多家知名餐厅及饭店。

Began studying in Vienna, Austria, in 1981. During 14 years in Austria, he studied under the famous French chef Thomas Seiler for a period of time. In 1990, he graduated from Wien International Fremdenverkehrs Institut (WIFI), in Vienna. The same year he obtained an Austrian professional hotel and restaurant manager license. During this period he had opened a restaurant (UNO) and a high class Chinese restaurant (Loyal Garden) in Vienna. In Taiwan, he has been the manager of (Grand Cru Wine House) and has assisted many famous restaurants and hotels.

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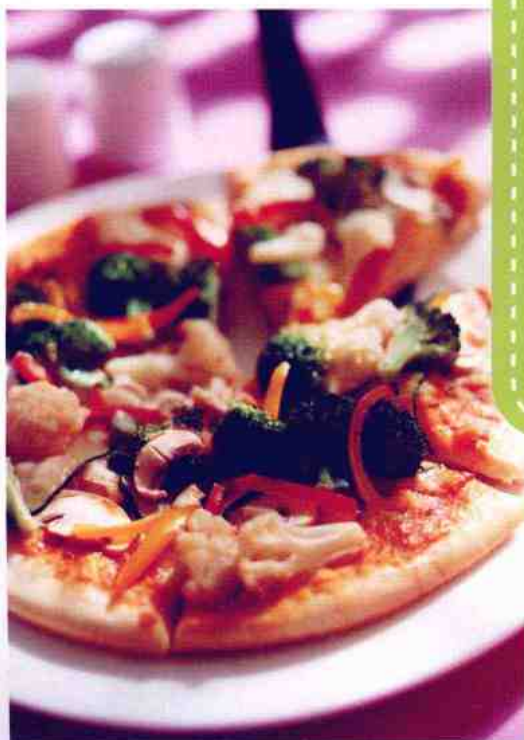


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Pizza's Best Pals

美味比萨的最佳拍档

1

番茄酱汁 Tomato Sauce

19 世纪才开始流行的番茄，很快就被运用在比萨上了，而且成了不可或缺的材料之一。番茄既是水果也是蔬菜，近来更是被视为抗氧化的营养食品，可见其魅力。根据医学杂志的报道，意大利是全欧洲男人罹患前列腺病症密度最低的国家，究其原因主要是意大利料理中常用番茄作为酱汁，而番茄中所含的番茄红素是主要功臣。医学专家指出，加工后的番茄比生番茄更容易被人体所吸收。

因此，番茄酱汁的处理就格外重要且更应大力推广。然而如何做出好吃美味又营养健康的番茄酱汁呢？

Tomato, which started to become popular in the 19th century, rapidly found its way onto pizza, and became an indispensable ingredient of the dish. Tomato is a kind of fruit that is often served as a vegetable. Recently its anti-oxidant properties have given it renewed popularity. According to reports in medical magazines, Italian men are the least likely to get prostate cancer among males of all countries. The main reason is reputed to be the heavy use of tomato in Italian cuisine. The lycopene in tomato is the key ingredient. In addition to this, the experts have also pointed out that the nutrition of processed tomato is more easily absorbed by humans than that of raw tomatoes.

Therefore, the preparation of the tomato sauce becomes particularly important, and should be widely promoted. How do we prepare delicious and nutritious tomato sauce?

制·作·方·法

Preparation

●材料 Ingredients

进口番茄 1 罐 (约 2500 克)

1 can imported tomatoes
(about 2500 grams)

洋葱 1 个 (约 300 克)

1 onion (about 300 grams)

橄榄油 50 毫升 50ml olive oil

月桂叶 10 片 10 bay leaves

水 300 毫升 300ml water

●做法 Methods

1. 洋葱切小丁备用，锅烧热，倒入橄榄油加热，再倒入洋葱丁。

2. 将洋葱丁充分炒熟，加入番茄、水，煮滚后再熬煮 30 分钟，关火、待凉。

3. 分次倒入果汁机中打匀，过筛，滤掉纤维和子。

4. 再次以中火煮滚，加入月桂叶，以小火继续熬煮约 1 小时，使其成为浓稠状即可。

1. Dice onion finely, heat pan and heat olive oil until smoking, then stir in diced onion.

2. Stir-fry diced onion until completely done, add tomato and water. Bring to a boil first, then continue to cook for 30 minutes. Remove from heat to cool.

3. Place method (3) in a blender, and blend, 1/3 at a time, until evenly mixed. Pour through a sieve, discard any dregs.

4. Return to heat and bring to boil again over medium heat. Add bay leaves and reduce heat to low. Cook for about 1 hour until thick and creamy.

How to use the oven at home

如何使用家中的小烤箱



严格来说，家中的小烤箱并不适合用来烤比萨，烤比萨的火力要大（约需 350°C ），而且热度要均匀，而家中小烤箱由于热力不够（约 200°C ），而且热力集中距离太短，容易造成部分烤焦而部分不熟，甚至于在面皮烤好前已将水分烘干，造成面皮部分太干硬了，因此，如何运用小烤箱不得不费点工夫，以下提供几个小秘方供参考。

Strictly speaking, a small oven at home is not suitable for baking pizza. Baking pizza needs a heating element that goes to 350°C and heats evenly. The small oven at home heats to only 200°C , and the distance between the object being baked and heat element is too short, generally causing the pizza to be half burnt and half uncooked. It even makes the crust too dry and tough because the liquid is absorbed before the crust is done. Therefore, to make this small oven work, let me offer you some small secrets.



Use 烘·烤·秘·方 secrets

1. 比萨的大小要符合烤箱的大小。
2. 比萨的饼皮预先烤约五分熟。
3. 烤箱先预热，让烤箱的温度均匀，摆放比萨时开门动作要快。
4. 若烤箱的高度不够，热管的温度不宜太高（约在 150°C 即可），因为直接受热会使饼皮烤焦。
5. 比萨的内容物预先处理好，即先行炒熟或煮熟，避免大块生鱼或生肉直接放入烤箱。



1. The size of the pizza has to match the size of the oven.
2. Bake the pizza crust for about 5 minutes beforehand.
3. Be sure to preheat the oven to enable the temperature to be even. Open or shut the door of the oven rapidly when putting the pizza in the oven or removing it.
4. If the interior of the oven is not high enough, the heat should not be too high (about 150°C is OK) because the crust gets burnt easily when heating directly from the element.
5. Prepare the topping beforehand. Avoid big chunks of topping, or raw meat directly topped on the crust in the oven.



香脆够味**薄皮比萨**

饱实满足**厚皮比萨**

简单方便**简易比萨**

卷起袖子随手揉制

今天吃比萨!

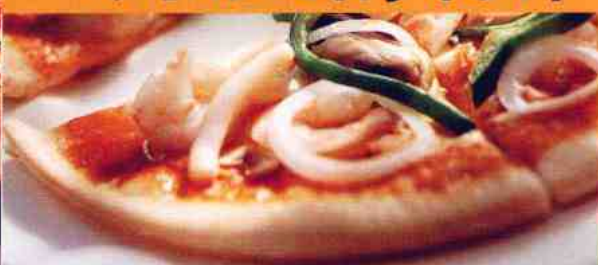
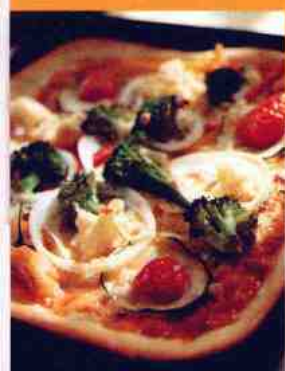
Everyday Pizzaday

Thin Pizza Crust

薄皮

1

饼皮的制作



▶▶ 做法 Methods

1. 水加温至约 30°C (图 1), 加入酵母粉、糖拌匀 (图 2), 静置 10 分钟。
2. 高筋面粉筛过, 依序加入盐、酵母水、橄榄油 (图 3), 混合揉成面团 (图 4), 20~30 分钟至面团表面呈光滑状 (图 5)。
3. 置室温 30°C 以上发酵 (图 6) (若冬天可将面团置于 40°C 烤箱内), 面上覆盖湿布 (图 7)。
4. 待面团涨至 2 倍大 (图 8) 取出, 用手将面团气体挤出, 约 5 分钟后即变回原来大小, 分成 2 份 (每个约 150 克) (图 9)。
5. 盖上湿布进行第二次发酵。
6. 待其再涨至 2 倍大取出, 撒少许面粉, 擀成圆薄片状 (图 10) 即可 (厚度约为 0.3 厘米, 边缘厚度为 0.6 厘米, 直径约为 30 厘米)。

1. Heat water until the temperature reaches about 30°C (fig.1), add yeast powder and sugar until well-mixed (fig.2). Let sit for 10 minutes.

2. Sift bread flour first, then add salt, yeast water and olive oil (fig.3) in that order to combine (fig.4). Mix well and knead for about 20 to 30 minutes until the dough is smooth on the surface (fig.5).

3. Let the dough sit under the room temperature (about under 30°C) to rise (fig.6), or place the dough in the oven at about 40°C to rise. Cover the dough with a damp cloth (fig.7).

4. Let the dough double in size and remove (fig.8). Punch the dough down to squeeze out the air for about 5 minutes. The dough will return its original size. Divide the dough into two equal portions of about 150g each (fig.9).

5. Cover the dough with a damp cloth to let it rise a second time.

6. Wait until the dough doubles in size, remove and sprinkle with a little flour. Roll the two pieces of dough into round (fig.10), thin circles, about 0.3cm thick in the center and 0.6cm on the sides, and about 30cm in diameter.

▶▶ 材料 Ingredients

高筋面粉 250 克 250g bread flour
橄榄油 5 毫升 5ml olive oil
盐 5 克 5g salt
水 150 毫升 150ml water
酵母粉 5 克 5g yeast powder
糖 5 克 5g sugar





Margherita 玛格丽特

▶▶ 材料 Ingredients

面团 150 克 150g pizza dough
番茄酱汁 30 克 30g tomato sauce
俄力冈 2 克 2g oregano
马祖里拉奶酪 50 克 50g mozzarella cheese
罗勒叶 10 克 10g basil leaves



▶▶ 做法 Methods

1. 取面团，擀成圆形薄皮。
 2. 将番茄酱汁放在薄饼中央，用汤勺底部以转圈方式由内向外散开涂抹，边缘留白约 1 指宽 (图 1)，均匀撒上俄力冈。
 3. 放上马祖里拉奶酪 (图 2)。
 4. 薄饼放入已预热 250℃ 的烤箱，烤约 15 分钟，待外圈留白部分呈焦黄状即可取出。
 5. 将罗勒叶整齐地排放在比萨上即可。
1. Roll the pizza dough into a round thin circle.
 2. Spread tomato sauce in the center of the dough, then spread with the bottom of the ladle by moving the ladle in circles and pushing the sauce from the inside to the outside and stop by the edge about 1 finger wide (fig.1). Sprinkle evenly with oregano.
 3. Top with mozzarella cheese (fig.2).
 4. Bake the pizza crust in a preheated oven at 250°C for about 15 minutes until the edges of the crust is brownish-yellow, then remove from the oven.
 5. Arrange basil on the baked pizza and serve.

Chef's 主·厨·秘·诀



公元 1889 年，当时的意大利王妃玛格丽特对于比萨这种平民食物深感兴趣，于是她请最著名的比萨师傅耶斯波基进宫制作比萨，他把代表意大利国旗颜色的红——番茄、绿——罗勒叶、白——马祖里拉奶酪放在面皮上烘烤，制成简单又美味的比萨，并把它命名为玛格丽特 (Pizza Margherita)。

The bread, the tomato, and the cheese, along with a sprinkling of basil, were first brought together in 1889 when a restaurateur, Raffaele Esposito, had the idea of combining them in honor of Princess Margherita of Savoy. The tomatoes, mozzarella, and basil duplicated the colors of the flag of the recently unified Italian state.

Margherita

玛格丽特



Thin pizza crust
薄皮比萨

Salami

沙 拉 米 肠



Thin pizza crust

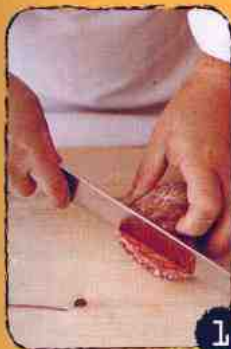
薄皮比萨



Salami 沙拉米肠

►► 材料 Ingredients

- 面团 150 克 150g pizza dough
- 沙拉米肠 60 克 60g salami
- 蘑菇片 20 克 20g mushroom slices
- 洋葱丝 20 克 20g shredded onion
- 红黄椒丝 20 克 20g shredded red and yellow bell pepper
- 番茄酱汁 30 克 30g tomato sauce
- 俄力冈 2 克 2g oregano
- 奶酪丝 50 克 50g shredded cheese



1



2

►► 做法 Methods

1. 沙拉米肠切片 (图 1) 备用, 取面团, 擀成圆形薄皮。
2. 将番茄酱汁放在薄饼中央, 用汤勺底部以转圈方式由内向外散开涂抹, 边缘留白约 1 指宽, 均匀撒上俄力冈、蘑菇片、奶酪丝。
3. 洋葱丝、红黄椒丝摆放在薄饼上, 再放上沙拉米肠 (图 2)、奶酪丝。
4. 放入已预热 250°C 的烤箱, 烤约 15 分钟, 待外圈留白部分呈焦黄状即可取出。

1. Cut salami into round thin slices (fig.1) for later use. Roll the pizza dough into a round thin circle.
2. Ladle the tomato sauce in center of the dough and spread by circling the sauce inside out with the bottom of the ladle leaving a finger's width of space between the sauce and the edge of the crust. Sprinkle evenly with oregano, mushroom slices and shredded cheese.
3. Place shredded onion, red and yellow bell pepper on top, then top with salami slices (fig.2) and shredded cheese.
4. Bake in a preheated oven at 250°C for about 15 minutes until the sides are brownish yellow. Remove and serve.

Chef's 主·厨·秘·诀



point

这道比萨的主角是沙拉米肠, 最著名的沙拉米肠来自于米兰。沙拉米肠属重口味, 但是和比萨搭配, 风味相当特殊, 是非常受欢迎的口味。

The main character of this pizza lies in the salami. The most famous salami is from Milan. Salami has a strong flavor, and is unique on pizza. It is also a very popular pizza flavor.