

Pizza is good

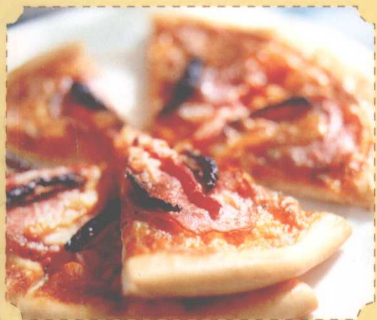
●薄皮比萨 ●厚皮比萨 ●简易饼皮比萨



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



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### 图书在版编目(CIP)数据

Pizza 就是好吃 / 洪昌维著. —沈阳: 辽宁科学技术出版社, 2009.10

ISBN 978-7-5381-6084-0

I. P… II. 洪… III. 面食—食谱—意大利 IV. TS972.132

中国版本图书馆 CIP 数据核字 (2009) 第 153759 号

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出版发行: 辽宁科学技术出版社

(地址: 沈阳市和平区十一纬路 29 号 邮编: 110003)

印刷者: 辽宁彩色图文印刷有限公司

经销者: 各地新华书店

幅面尺寸: 168mm × 236mm

印 张: 6

字 数: 100 千字

印 数: 1~6000

出版时间: 2009 年 10 月第 1 版

印刷时间: 2009 年 10 月第 1 次印刷

责任编辑: 康 倩

封面设计: Book 文轩·李绍武

版式设计: 何 祚

责任校对: 李淑敏

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书 号: ISBN 978-7-5381-6084-0

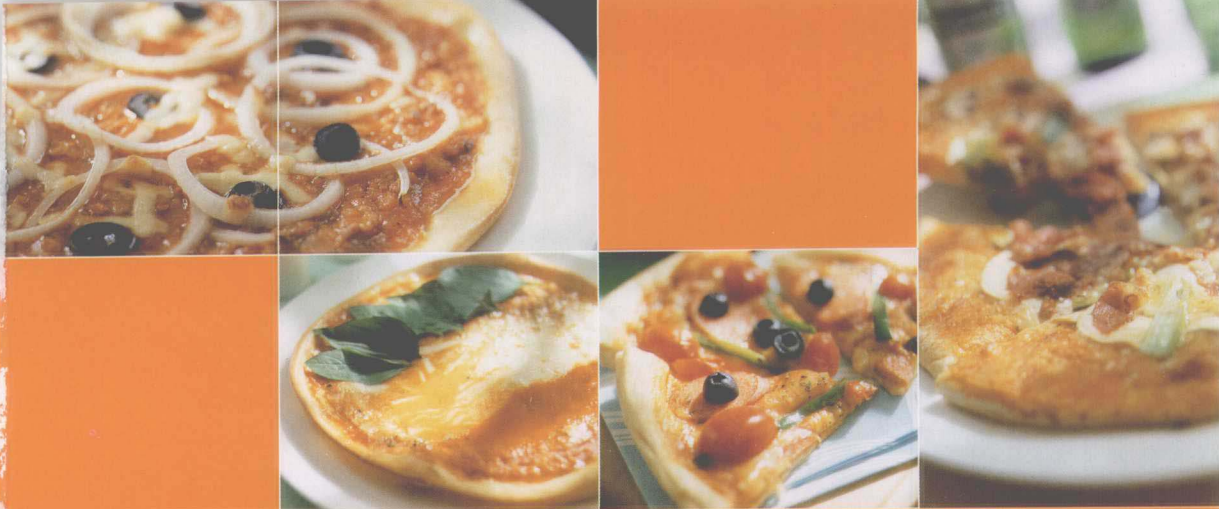
定 价: 25.00 元

联系电话: 024-23284367

邮购热线: 024-23284502

本书网址: <http://www.lnkj.cn/uri.sh/6084>





Pizza

就是好吃

洪昌维 著

辽宁科学技术出版社

沈阳

# 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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Chef Member, Chaîne Des Rotisseurs, the famous international Gourmet organization



# Preface 前言

美味可口 口味丰富  
随心所欲 轻松自在

Delicious Abundant flavor  
goes where the heart is  
easy & relaxed.

比萨起源于意大利的那不勒斯，它原本只是一种传统的面饼，用面粉、酵母、盐、橄榄油等材料揉制而成的面皮。18世纪时，有人开始在面皮上加料，如番茄酱、奶酪等食材，才有今天比萨的雏形。约19世纪初，那不勒斯地区出现了比萨的专卖店叫PIZZARIA，比萨才开始推广开来。20世纪，随着意大利的移民来到了美国，美国更把比萨制式化，而有了比萨的连锁外送店。如今，比萨更进而被推广到全世界，形成除了意大利面之外最为人所知的PIZZA——比萨。

在比萨的故乡——意大利，比萨是被擀成薄皮而且被烘烤成香脆的薄饼，而薄饼上的馅料也因各地的物产、口味而有不同的变化。在南意大利多为番茄、海鲜和素食，且面皮稍厚，而越往北面皮就越薄，馅料也多以肉类和奶酪为主，这种变化主要是因各省的农作物差异所造成的。

早期的比萨店因受美式及外送店的影响，多以厚皮为主，口味的变化也少。近来外食人口增加，加上意大利的料理流行，比萨也渐受年轻族群的喜爱，比萨正掀起流行的热潮。除了厚皮、薄皮变化之外，因应市场口味的多变，比萨业者也针对消费者的口味推出一些不同口味的变化，我也在此提供了一些创意配方，希望在口味的变化上能提供一些参考。

随心所欲的变化口味、物料自由的组合，相信这就是比萨的魅力所在。



Pizza comes from Naples in Italy. It was originally a kind of traditional bread made with flour, yeast, salt and olive oil. In 18th century, people started to add toppings to the bread, such as tomato sauce, cheese, and so forth. That was the beginning of the pizza as we know it today. In the 19th century, there was a pizzeria called Pizzaria in Naples that was instrumental in bringing pizza to the world. In 20th century, immigrants from Italy to America systemized the pizza and created a booming pizza delivery culture. Now, pizza is known from pole to pole.

In the homeland of pizza, Italy, pizza is rolled into thin round skin and baked into crispy crust. The toppings on the crust vary with local products and tastes. In southern Italy, the toppings focus on tomatoes, seafood and vegetarian foods, and the crust is thicker. As we move north, the crust becomes thinner and the toppings shift to meat and cheese. The main reason for this change is the differing agricultural products of each region.

In the early days of pizza, the crust was affected by the American style delivery stores, was mostly thick crust and flavor variations were limited. In recent years, both eating out and Italian cuisine have become popular, pizza has slowly found acceptance among the younger generation. Pizza is now at the top of the tide. In addition to the varieties of thick and thin crust, pizza makers also offer different flavors to match changing consumer tastes as the market evolves. Here I also offer some creative recipes to be a reference for the ever-changing flavors of pizza.

I believe the charm of pizza lies in following your own heart to create new varieties of pizza, and freely combining ingredients.

李品端

# Contents

## 目录

### 1 Thin Pizza crust

#### 薄皮饼皮的制作 12

##### 基本型 Basic Pizzas

- 14 玛格丽特 Margherita
- 16 番茄肉酱 Tomato Meat Sauce
- 17 蘑菇鳀鱼 Mushroom and Anchovy
- 18 萨拉米肠 Salami
- 20 海鲜总汇 Seafood Combo

##### 素食型 Vegetarian Pizzas

- 22 四方蔬菜 Vegetable Combo
- 24 甜椒蘑菇 Bell Pepper and Mushroom
- 26 节瓜洋葱 Hairy Melon and Onion
- 27 番茄鳄梨 Tomato and Avocado
- 28 菠菜蛋 Spinach and Egg



8 美味比萨的最佳拍档  
Pizza's Best Pals

10 如何使用家中的小烤箱  
How to use the oven at home

##### 东方口味 Eastern Style Pizzas

- 30 香葱肉臊 Minced Pork in Scallion Pizza
- 31 蒜苗鸭肉 Dried Duck with Leek
- 32 韭菜炒生蚝 Oyster with Chives Stir-fry
- 34 酱烧肉片 Cooked Sweet Pork with Corn
- 36 五味卤品 Five Flavored Stew

##### 豪华型 Deluxe Style Pizzas

- 38 虾仁干贝 Shrimp and Scallop
- 40 鳄梨明虾 Avocado and Shrimp
- 41 海鲜拼米肠 Seafood with Salami
- 42 熏鲑酸奶配彩椒鹅肝酱 Smoked Salmon with Bell Pepper in Goose Liver sauce
- 44 墨西哥腊肠拼夏威夷 Mexican Sausage, Hawaiian-style





2

## Thick Pizza Crust

### 厚皮饼皮的制作 46

#### 芝心 Stuffed Crust Pizzas

- 48 双层夹心 Double Stuffed Crust
- 50 火腿菠萝 Ham and Pineapple
- 51 辣味鲔鱼洋葱 Spicy Tuna and Onion
- 52 鲜虾玉米 Shrimp with Corn
- 53 综合海鲜 Seafood Combination

#### 西式 Western Style

- 54 烟熏鸭胸配覆盆子酱 Smoked Duck Breast with Raspberry Sauce
- 56 马祖里拉奶酪番茄牛肉片 Tomato Beef and Mozzarella Cheese
- 58 墨鱼圈小酸豆鳀鱼 Cuttlefish and Caper with Anchovy
- 60 香料烤鸡胸肉 Chicken Breast with Herb
- 62 意式腊肠配腌制彩椒 Italian Salami and Pickled Peppers





## 素食型 Vegetarian Style

- 64 马祖里拉奶酪配焗野菇 Mozzarella Cheese with Oyster Mushroom
- 66 蔬菜百汇 Vegetable Combo
- 68 新月菠菜 Spinach and Egg
- 70 半月番茄鳄梨 Tomato and Avocado in Half Moon Shape
- 71 双色橄榄 Double Color Olive

## 中式 Chinese Style

- 72 青椒五花牛肉片 Green Pepper and Beef
- 74 豆腐肉馅酸菜 Tofu and Ground Pork with Pickled Mustard
- 76 天妇罗鱼板 Fish Cake with Crab Meat
- 77 香肠蒜苗 Sausage and Leek
- 78 烤鸭韩国泡菜 Roasted Duck with Kimchi





### 3 Simply Pizza Crust

## 简易饼皮的制作 80

### 吐司 White Bread

- 82 火腿煎蛋 Ham with Fried Egg
- 83 番茄香肠 Tomato Sausage
- 84 香料蒜味奶酪 Garlic Herb Bread
- 85 蒜味螺肉 Garlic Whelk

### 葱油饼 Scallion Cake

- 86 玉米番茄 Corn Kernel and Tomato
- 87 蘑菇贡丸 Mushroom and Meat Ball

### 简易型 Simple Style

- 88 咖喱鸡丝 Curry Shredded Chicken
- 89 酸辣虾仁 Sour and Spicy Shrimp
- 90 水蜜桃(甜) Peaches(Sweet)
- 91 什锦水果(甜) Fruit Combination(Sweet)



### Delicious Pizza Soup

## 搭配比萨美味汤品

- 92 意式蔬菜汤 Italian Vegetable Soup
- 93 欧式洋葱汤 European Onion Soup



# 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.



## 2

## The Variety and Usage of Cheese

## 奶酪的种类和搭配



比萨的面上都需覆盖大量奶酪，奶酪的风味又相当浓郁，因此，比萨的风味深受奶酪的影响，虽然市面上也有多种比萨专用的乳酪丝，但若要做出口味独特的比萨，则可试用一些不同口味的乳酪，做出属于自己风味的比萨。下面几种奶酪较为普遍，取得也很容易。

Pizza is covered with large amounts of cheese. The flavor of cheese is thick and fragrant, heavily affecting the flavor of the pizza. Though there are many kinds of cheese sold in market, if you want to make a pizza with a unique flavor, you should try different kinds of pizza and prepare your own pizza. The following are a few of the more popular and easily available cheeses.

## 马祖里拉奶酪 Mozzarella

产于南意大利的 Campagnain，是用水牛的奶做成的。此种奶酪有两种类型，一种是新鲜的泡在盐水里，可保持 14 天左右，多半用来生吃或拌沙拉用；另一种为半干型的，保存期限较长，约 1 个月，多半用来调理食物，比萨上使用的多为这种半干型的奶酪。

This comes from Campagna in southern Italy. It is made with the water buffalo milk. This cheese comes in two varieties, fresh, and partly dried. Fresh mozzarella is soaked in salt water and lasts for about 14 days. It is mostly served raw or in salads. Partly dried mozzarella lasts about 1 month. It is used for seasoning. The latter kind is often used as a topping on pizza.



## 帕玛森奶酪 Parmesan

属于干式的奶酪，味道较重，有咸味。这种历史悠久的高级奶酪，制作期需 2~3 年才能熟成，是属于北意大利地区的特产，尤其口味较重、较特殊，经常拿来搭配各式意大利面及酱汁用。

This cheese is a type of dried cheese with heavy, slightly salty flavor, a luxury cheese with a long history. It takes 2 to 3 years to age properly. A northern Italian specialty from Emilia Romagna, its powerful flavor, is used often in all kinds of pasta dishes and sauces.



## 戈尔贡佐拉奶酪 Gorgonzola

戈尔贡佐拉奶酪是一种味道很特殊，也很重的奶酪，像法国的蓝奶酪一样，是奶油状的发酵奶酪，有咸味并带有绿霉，有发酵的刺鼻味，

属于较重口味的奶酪，一般人较难接受。

Gorgonzola cheese is a strongly flavored cheese with highly unique flavor. Like blue cheese in France, it is a fermented cream cheese. It is salty with green mold and a sharp, noxious smell. Because of its heavy flavor and smell, it is usually an acquired taste.



# 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℃），而且热度要均匀，而家中小烤箱由于热力不够（约 200℃），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℃ and heats evenly. The small oven at home heats to only 200℃, 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钟熟。
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℃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。



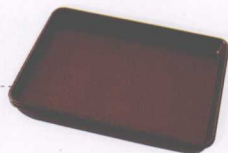
1. The size of the pizza has to match the size of the oven.

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℃ 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℃ 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，并把它名命为玛格丽特 (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