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Questa ricetta è mia!



Ricetta N. RE001677

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da MARIO KIM

Livello di difficoltà: Facile

Piatto tipico della regione: Campania

Piatto tipico della stagione: Estate

Come ti senti gustando la tua ricetta? Sexy

Cipolle rosse e pomodori

This pizza can supply strong stamina from the ingredients which is can be got easy in summer. Red onion catalyze absorption of vitamin B1 what contained in tomato to be stamina food.

Tempo di preparazione: 20 minuti

Ingredienti per 1 persone

400 g farina
700 g acqua
30 g sale
1,5 g lievito

Olio d'oliva 10 g
cipolla rossa 200 g
pomodorini 250 g
pepe 2 g
peperoncino 1 g
Mozzarella fior di latte 40 g
Parmigiano Reggiano 5 g

Prodotti utilizzati

Farina Caputo Pizzeria
Sale (Ravida)
Olio d'oliva (Ravida Extra)
Cipolla rossa
Mozzarella fior di latte Ponticorvo
Parmigiano Reggiano (Brescia)

Strumenti di cottura

Forno, frying pan, cutting board, cooking knife

Preparazione

1st Step : making pizza dough
1 - Dissolve salt (30 g) in water (700 g)
2 - Knead flour (400 g) with *1(salt+water)
3 - Mix well yeast(1.5 g) with *2
4 - Knead rest of flour(700 g) in *3 slowly for 15 min
5 - ferment dough for 4 hours in room temperature and then split (divide) as 260 g
6 - Ferment dough what is divided for 24 hours

2nd step (making pizza)

1 - Cut red onion as thin slice
2 - Cut cherry tomato as quarter (4pc) or 6pc

3 - Saute red onion on low temperature for about 10 min as slowly to make sweetest

4 - Saute *3 with high temperature with squeezed cherry tomato. Add peperochino, salt, and black pepper and then Cooling down on the side.

5 - topping *4 (which is cooled down ingredients) on the dough with mozzarella and Reggiano cheese and then bake it

Vino consigliato

Coca - cola