



MEN'S HEALTH
—
CIRCULATION
54,011
—
AVE
£2,210
—
September Issue
—
PRINT

D pizza, beloved though it is, is unfairly maligned in the health community. It's no superfood salad, sure. But in a whole world of difference between the top-price, stuffed-crust, overloaded offerings from your local takeaway chain and an authentic Italian pizza – or Italian-American, if you prefer. Slice it down, and there's little more to it than freshly baked bread, cooked hot and fast, then topped with high-quality ingredients. It's as palatable a delivery system for energising carbohydrates and useful micronutrients as any, and eminently versatile. Choose to eschew the mountains of grated cheese and cheap processed meats, and pizza really can be

the nutritional powerhouse you're craving. It's also at its best eaten hot out of the oven, rather than dropped to your doorstep – as any true chef will tell you. Outdoor pizza ovens saw a big boost in sales during the pandemic, although that hasn't necessarily raised the standard of our home-cooked fare. However, prepping the perfect pizza in your back garden needn't be prohibitively expensive, nor excessively complicated. You just need a little know-how to get you started.

To help you give your own efforts a lift, *AH* consulted the experts to find the techniques, tools and toppings that will truly amplify your cooking. Here's all the knowledge you need to build a pizza that delivers.

01 The Machine

If you're getting serious about pizza ovens, start here. While it's true that you can bake one in your kitchen – or even on the hob – you'll be better off with a machine built for the task. Here are three worth getting fired up over.

01. Igneus Dome Dual Fuel Oven
The Dome is the gold standard when it comes to outdoor pizza ovens, with a firm professional fan base. It offers an expansive range of features, including a digital temperature monitor, stainless-steel port and hardened exterior that'll hold up against the British weather. It's not cheap, but it's a great patio centrepiece. £1,799, www.igneus.com

02. Igneus Classico Oven
There's really no debate: wood-fired pizza just tastes better – and this British brand delivers the goods. It's more involved than a gas-powered oven, but it heats within 15 minutes and dishes out two pizzas in seconds. A built-in thermometer helps you keep tabs on the temperature and a chimney damper system allows for easy air-flow control. £249, www.igneus.com/foodovens.com

03. Ooni Koda 12 Gas Powered Oven
The Ooni Koda is the professional chef's secret, found in food trucks across the country. It heats rapidly and cools quickly, meaning it can be packed away in no time and you can easily adjust the temperature to ensure a perfect crust-creating heat. It runs on readily available patio gas, which can be found in garden centres and petrol stations. £249, uk.ooni.com



01 Stone Flour: Carosi's go-to recipe for fast-rising, 'ne favorite pizza is a classic American with anchovies, just freshly sliced, arugula, garlic and olive oil'

02 700G FLOUR TYPE 0

03 300G FLOUR TYPE 1

04 600ML COLD WATER

05 300G FINE SALT

06 9G FRESH YEAST

07 Pizza dough should be made with love, says Carosi. 'You'll find thousands of recipes online, but copy-and-paste doesn't give good results. If you're serious about it, experiment. While many chefs use 00 flour – which used to be the gold standard for pizza – Carosi prefers a coarser blend, which has more fibre (bonus health points) and delivers on flavour. Hydrating the dough in key: Carosi recommends 600ml to 700ml of water per kg of flour. No Neapolitan seawater to hand? Try good-quality Italian salt. Combine the ingredients, the salt last. A 24-hour prove boosts 'lightness and digestibility', says Carosi. He suggests letting the dough rest at room temperature for 18 hours before rolling into balls (200g for a 13-inch pizza), then letting it rest for two more hours. Prepping ahead of time? Pop those balls in the fridge for 12 hours, then remove an hour before cooking your pizza. To stretch out your dough, put your ball on top of an upside-down salad bowl before rolling it into shape.

08 Use the best mozzarella you can get, preferably fior di latte. Some types of mozzarella have a water content that's a bit too high for cooking. Oh, and if you're looking for the best vegan cheese out there, it's Nettle. Season your tomato base. We add a little bit of garlic, a little bit of sugar and some salt... There's something else in it, too, but that's the secret ingredient, so we'll never tell you what it is!

09 Vegan pizzas can be as good as any other. Think of a dish you really like, and ask, 'Would that work as a pizza topping?' If you have, say, a favourite vegan curry – would that work on a pizza? Drizzle honey on your flour crusts. And if you've made yourself an instantaneous pudding, I will not pizza those times a week, which is actually not cool after 10 years.



Takeaway Tips

Mark Hooper, creative director at Homeslice, just did and found a new recipe for healthy living – pizza included. Here are his tips for a smarter slice

Don't rush your dough. We do an overnight prove in the fridge, then take out the dough an hour before cooking to let it get to room temperature. It makes it more stable. If you just prove it in the bowl for an hour, you'll often end up with something that's too tight or too loose. **But it's okay to cheat...** There are tons of companies now that can send you frozen dough balls. I've tried the ones Ooni does and they're actually not bad. **If your ingredients work together on a spoon, they'll work on a pizza.** That's the principle on which we design all of our pizzas. Remember, pizza doesn't have to be pedestrian. **Less can be more.** Some pizza chains pile them up with tons of stuff. I always say, if you can't make a margarita, you shouldn't be making pizza at all.

CIRCLES OF LIFE

02 The Base

A great pizza lives and dies by the quality of its dough. *AH* consulted Toni Francisco Carosi, chef at 'O' in London – which famously makes its dough with imported Neapolitan seawater – to achieve his healthiest, homecook-friendly recipe.

YOU'LL NEED:
01 700G FLOUR TYPE 0
02 300G FLOUR TYPE 1
03 600ML COLD WATER
04 300G FINE SALT
05 9G FRESH YEAST

'Pizza dough should be made with love,' says Carosi. 'You'll find thousands of recipes online, but copy-and-paste doesn't give good results. If you're serious about it, experiment. While many chefs use 00 flour – which used to be the gold standard for pizza – Carosi prefers a coarser blend, which has more fibre (bonus health points) and delivers on flavour. Hydrating the dough in key: Carosi recommends 600ml to 700ml of water per kg of flour. No Neapolitan seawater to hand? Try good-quality Italian salt. Combine the ingredients, the salt last. A 24-hour prove boosts 'lightness and digestibility', says Carosi. He suggests letting the dough rest at room temperature for 18 hours before rolling into balls (200g for a 13-inch pizza), then letting it rest for two more hours. Prepping ahead of time? Pop those balls in the fridge for 12 hours, then remove an hour before cooking your pizza. To stretch out your dough, put your ball on top of an upside-down salad bowl before rolling it into shape.

Use the best mozzarella you can get, preferably fior di latte. Some types of mozzarella have a water content that's a bit too high for cooking. Oh, and if you're looking for the best vegan cheese out there, it's Nettle. **Season your tomato base.** We add a little bit of garlic, a little bit of sugar and some salt... There's something else in it, too, but that's the secret ingredient, so we'll never tell you what it is!

Vegan pizzas can be as good as any other. Think of a dish you really like, and ask, 'Would that work as a pizza topping?' If you have, say, a favourite vegan curry – would that work on a pizza? **Drizzle honey on your flour crusts.** And if you've made yourself an instantaneous pudding, I will not pizza those times a week, which is actually not cool after 10 years.

MEN'S HEALTH

— CIRCULATION

54,011

— AVE

£2,210

—
September Issue

—
PRINT



'Pizza dough should be made with love,' says Carosi. 'You'll find thousands of recipes online, but copy-and-paste doesn't give good results.' If you're serious about it, experiment.

While many chefs use 00 flour – which used to be the gold standard for pizza – Carosi prefers a coarser blend, which has more fibre (bonus health points!) and delivers on flavour.

Hydrating the dough is key: Carosi recommends 600ml to 700ml of water per kg of flour. No Neapolitan seawater to hand? Try good-quality Italian salt. Combine the ingredients, the salt last.

A 24-hour prove boosts 'lightness and digestibility', says Carosi. He suggests letting the dough rest at room temperature for 18 hours before rolling into balls (260g for a 13-inch pizza), then letting it rest for two more hours. Prepping ahead of time? Pop those balls in the fridge for 12 hours, then remove an hour before cooking your pizza.

To stretch out your dough, put your ball on top of an upside-down salad bowl before rolling it into shape.

CIRCLES OF LIFE

02

The Base

A great pizza lives and dies by the quality of its dough. *MH* consulted Toni Francesco Carosi, chef at 'O Ver in London – which famously makes its dough with imported Mediterranean seawater – to achieve his healthier, homecook-friendly recipe

YOU'LL NEED:

- 01 700G FLOUR TYPE 0
- 02 300G FLOUR TYPE 1
- 03 660ML COLD WATER
- 04 300G FINE SALT
- 05 1G FRESH YEAST



Simple Pleasures
Carosi's go-to recipe is fuss-free: 'My favourite pizza is a classic marinara with anchovies. Just tomato sauce, oregano, garlic and olive oil!'

03

04