



Pizza marinara (Neapolitan sailor-style pizza)

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 4

Pizza marinara is without cheese. Tomatoes, garlic, olive oil, basil and oregano are the stars of this distinctive pizza.

Starter (poolish)

200 ml water
1 tsp sugar
5 g yeast, crumbled
200 g Manitoba flour (type 0)

Main dough

225 ml cold water
500 g Manitoba flour (type 0)
20 g fleur de sel
50 ml cold water

Pizza sauce

400 g (plum) tomatoes
(tinned)
1 tsp fleur de sel
1 tsp olive oil
6 leaves of basil, torn





Shaping and topping

Some Manitoba flour for shaping

2 cloves of garlic, finely sliced

Some dried oregano

Some basil leaves

