

Pizza with Parma ham and arugula

Cuisine: Italian
Food category: Pastry



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Company: Retigo





Program steps


Preheating:


255 °C


1


 Hot air


 50 %

 Termination by time

 00:06 hh:mm

 240 °C

 70 %



Ingredients - number of portions - 8

Name	Value	Unit
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plain wheat flour	1	kg
fresh yeast	2	g
Salt	30	g
water	600	ml
crushed tomatoes	400	g
grated mozzarella	500	g
Parma ham slices	30	pcs
whole parmesan cheese	150	g
arugula	200	g


Directions

Pour water into a bowl and mix the salt in it. Then add roughly 100g of flour and yeast and mix to a thin paste, then gradually add all the flour and mix into a smooth, elastic dough. Leave to rise for 2 hours at room temperature. After rising, cut into 8 portions, knead again and shape into round buns. We put it in a plastic container, cover and leave to rise overnight at 16-18°C. The buns should have space around them so they don't stick together. The next day, we roll out the dough, apply tomatoes with a ladle, sprinkle with mozzarella and place in a preheated combi oven. After baking, add torn slices of Parma ham on top, sprinkle with fresh arugula and parmesan shavings.

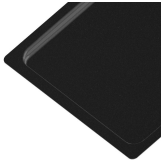
Nutrition and allergens

Allergens: 1 Minerals: K Vitamins: C	
Nutritional value of one portion	Value
Energy	452.1 kJ
Carbohydrate	92 g
Fat	2.7 g
Protein	14.3 g
Water	0 g

Recommended accessories



Vision Pizza Stone



Vision Bake