



The *Mini*  
Pizza Therapy Pizza Book  
By Albert Grande

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## **Make Pizza, Be Happy!**

To get the full version of  
[The Pizza Therapy Pizza Book](http://legendsofpizza.com/pizzabook)

Go to: <http://legendsofpizza.com/pizzabook>

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Internet for link to work properly.)**

Hello, my name is Albert Grande. **I'm on a mission.**  
I think everyone who loves pizza, should be able to make their own pizza.  
That's the philosophy of my website [pizzatherapy.com](http://pizzatherapy.com)

What you now have is a **miniature** version of  
[The Pizza Therapy Pizza Book](http://legendsofpizza.com/pizzabook).

This e-book was created to help you to make pizza

You can claim the full version of [The Pizza Therapy Pizza Book by Clicking Here](http://legendsofpizza.com/pizzabook). I have been making pizza for over 25 years and it seems I am always learning something new! Making pizza has brought me much joy and fulfillment. Pizza is now very much part of my life and I hope it becomes part of yours, too!

The dough recipe was given to me by my mom. I created most of the recipes over years of pizza adventures. Other bonus recipes have been, here, added to enhance this collection.

These recipes developed over time and in a way are still evolving. You do not have to use home-made dough for any of the following recipes, though, I certainly recommend it.

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The Pizza Therapy Pizza Book)

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Authentic Neapolitan Style Pizza Dough By John Arena and Sam Facchini, Metro Pizza, Las Vegas

Authentic Neapolitan Style Pizza Dough

Peter Reinhart's New York Style- Sauce and Cheese Pizza

1 New York Style Pizza Dough ball, 22 ounces (Recipe follows)

NEW YORK STYLE PIZZA DOUGH

ALL PURPOSE MARINARA PIZZA SAUCE

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## World Famous Pizza Dough Recipe

Making pizza can be an event enjoyed by one person or shared by a group of people. I have made "pizza for two" as well as given hands-on pizza demonstrations for over 70 pizza fanatics! Making pizza is **FUN**! Get people involved in your pizza adventure and magic will happen.

### Tools

To make your pizza you need mixing bowls, a measuring cup, measuring spoons, a rolling pin (optional), a pizza pan or cookie sheet and a cooking thermometer. On the last page, I mention tools that will help you in your quest for the perfect pizza.

(See: [Taking Your Pizza to the Next Level](#))

### Ingredients for the Dough (Makes 2 Regular or 4 Thin Neapolitan Pizzas!)

- 1 or 2 Packages yeast (2-3 teaspoons of yeast or less) (Try 1-2 teaspoons) (Peter Reinhart says only use as much as you need, you can use less yeast to get good results)
- 2 teaspoons honey or sugar (**optional**)
- 4 cups of flour (Can be All purpose or Bread Flour)
- 1 teaspoon salt
- 1/4 cup olive oil (**optional**)
- 1 and 1/2 cups of warm water

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### **Directions**

1. Put yeast and sugar in a cup. Add 1/2 cup of water. The water should be between 100 ° and 110 ° F (37 °C- 43 °C.) degrees. Mix well. Wait about 5 minutes for the yeast and sugar to activate.
2. In a large mixing bowl, add the olive oil, flour, salt, 1 cup of warm water and the yeast mixture. Mix this with a fork to get all the liquid absorbed by the flour.
3. Place a handful of flour on a mixing surface. Dust your hands and spread out the flour. Empty the contents of the bowl on to the flour.
4. Knead the dough vigorously for 8-10 minutes or until the texture is smooth and uniform. If the dough seems a little sticky, add a little more flour.

One method to knead, is to lean on the dough with the palm of your hand. Press the dough to the mixing surface. Fold the dough and repeat.

5. Place the dough in a bowl and drizzle with olive oil. Place bowl in warm area and cover with a cloth.
6. Let the dough rise for about an hour. Punch down the dough and wait 30-45 minutes. Your dough is now ready.
7. Cut the dough in half (or fourths, for thin pizza).

(I usually make 4 thin pizzas with this dough recipe!) 8. Dust a rolling pin with flour and roll out on a floured surface until the dough is the desired shape. (You can omit the rolling pin and just shape the dough with your fingers.) **(The olive oil and sugar are optional ingredients.)**

### **Cold Ferment Alternative Dough Recipe (Better)**

**Below recipe I now use to make pizza. The dough needs to be done the day before. Let it proof in the fridge overnight)**

- **4 cups flour**
- **1 1/2 cups water**
- **1 teaspoon salt**
- **1 teaspoon of yeast**

A **better alternative** to this recipe is to make your pizza dough the day (or 2) before and use a **cold ferment**. Using the cold ferment

method, you make your dough the day before and allow it to proof in the fridge overnight.

All ingredients are combined and mixed as above. It is not necessary to use warm water.

You can also **omit sugar if using this method**. Place dough in a plastic bag and drizzle with olive oil.

Take the dough out of the fridge and allow to warm to room temperature. About 1 to 1 and 1/2 hours should be OK.

Let the dough warm up to room temperature. Then it is ready to use.

**You can watch a step by step video of me making the**  
**[Pizza Dough Recipe Click Here](#)**

**Watch my video about pizza ingredients**  
**[Pizza Ingredients](#)**

## **The Pizza Recipes**

### **Anchovy and Tomato Pizza**

You either like anchovies or hate them. There seems to be no middle ground for this fish. I happen to like them and whenever I have served this pizza, so do my guests. The fresh tomato cuts the saltiness of the anchovies.

#### **Ingredients:**

- **Dough** for 1 pizza
- 1 can of anchovies

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- 6-8 oz. of mozzarella cheese
- 4 oz. of parmesan cheese
- 2-4 cloves of minced garlic
- basil, oregano, parsley to taste pepper and a dash of salt
- olive oil
- 1 medium tomato, thinly sliced.

## Directions:

1. Roll out dough to desired size.
2. Drizzle olive oil on dough. Spread evenly.
3. Spread garlic on dough.
4. Add spices to taste. (You can actually omit salt for this step.)
5. Spread mozzarella and parmesan cheese evenly on dough.
6. Break up anchovies and evenly spread on cheese.
7. Drizzle the oil from the anchovies evenly onto the cheese.
8. Top with fresh tomato slices. **Lightly** salt tomatoes, if desired.
9. Bake at 500+ degrees for 8 to 10 minutes (Preferably on a preheated **pizza stone**).

## Tips

Unless you absolutely love anchovies, only use 1 can! I used 2 cans of anchovies once, and the taste was overpowering.

That was the one and only time, I "over dosed" on anchovies!

You can omit salt entirely from this pizza.

## Bacon, Spinach and Tomato Pizza!

**An Original: The B, S and T (Bacon, Spinach and Tomato Pizza!)**

I am always trying to come up with new tastes for my guests. This was a recipe that evolved out of having some friends bring different ingredients for



pizza. The result was a real crowd pleaser and a wonderful marriage of different tastes.

## Ingredients:

- **Dough** for 1 pizza
- 1/4 to 1/2 lb. of bacon, cooked
- 1 cup of fresh spinach, washed and drained
- 1/2 to one whole tomato thinly sliced
- 4-6 oz. of mozzarella cheese
- 2-4 oz. of parmesan or provolone cheese
- 2-3 cloves of garlic, minced
- basil, oregano, salt and pepper to taste
- olive oil

## Directions:

1. Wash and rinse spinach. Drain and set aside.
2. Cook bacon, and drain on paper towel.
3. Roll out dough to desired size.
4. Drizzle olive oil on dough. Spread evenly.
5. Spread remaining minced garlic on dough.
6. Evenly spread spinach on dough. Add desired spices. Reserve a pinch or two.
7. Sprinkle mozzarella and parmesan cheese over the dough
8. Tear bacon into bite sized bits. (or just layer slices on the pizza.)
9. Top pizza with sliced tomato. Drizzle lightly with olive oil and top with oregano and/or basil.
10. Bake at 500+ degrees for 8 to 10 minutes.  
(preferably on a preheated **pizza & baking stone**).

## Tips:

- I have made several variations of this pizza and they all turned out well.  
You can omit the Spinach and make a "white" pizza.

- This pizza is also wonderful if you use tomato sauce instead of spinach.
- You don't have to completely cook the bacon, before you put it on the pizza.
- Omit the tomato entirely, and this pizza is still a winner.

## **The Margherita: A Royal Pizza fit for a Queen!**

"**Raffaele Esposito**, created this pizza to honor **Queen Margherita's** visit to **Naples** in 1889. He created a special pizza which resembled the **Italian** flag. The pizza consisted of basil (**green**), mozzarella (**white**), and tomatoes (**red**). This dish sets the standard for our modern day pizza. This patriotic pizza was an instant success with the King and Queen, as well as his other patrons. He named this pizza in honor of the Queen, the **Margherita**."

**The taste of this dish is superb if you use buffalo mozzarella.  
If not available, any whole milk or regular mozzarella will do!**

### **Ingredients:**

- Dough for 1 pizza
- 4-6 oz. of buffalo mozzarella (whole milk mozzarella is fine)
- 2-3 cloves of garlic minced
- 2-4 oz . of parmesan
- 2-4 Plum tomatoes, sliced thinly
- ¼ cup fresh basil (if available)
- salt and pepper to taste

### **Directions:**

1. Roll out dough to desired size.
2. Drizzle olive oil on dough. Spread evenly.
3. Mince garlic and spread on dough.
4. Slice mozzarella and spread over dough
5. Spread the parmesan on the pizza
6. Evenly spread the tomatoes on the pizza
7. Bake at 500+ degrees for 8 to 10 minutes

(preferably on a preheated **pizza & baking stone**. Stone should be preheated for 1 hour.)

8. After pizza is cooked, tear basil leaves and put on cooked pizza. Add other spices to taste.

## Tips

- Use buffalo or whole milk mozzarella. Regular mozzarella will work. But the buffalo mootz, (as they say in New Haven), will be fantastic!
- You can substitute ¼-½ cup of Tomato sauce for fresh tomatoes or use both

## Additional Resources



- [Pizza Therapy](#): Learn all about pizza • [Pasta Therapy](#): Make pasta, eat pasta, love pasta.
- [Legends of Pizza](#): Discover The Legends of Pizza Project
- [The Pizza Therapy Pizza Blog](#) Interviews with the Legends:

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[\(Pizza Tips, Tricks and Pizza Tales!\)](#)

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I've Got 99 Problems



Pizza Lovers T...



99 Problems - Pizza



All I Care is Pizza



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REAL WOMEN FAT PIZZA

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