iProduction guidelines of the 'AUTHENTIC PIZZA IN A ROMAN-STYLE with High Hydration'

Introduction The 'Confraternita della Pizza' association operates with the aim of disseminating and disseminating the culture of conviviality in general and of pizza in particular, promoting its nutritional and those that distinguish its quality.

Among the different types of pizza, with this document the Association intends to establish the criteria that characterize the product 'Pizza in Teglia alla Romana'.

The Disciplinary is not articulated as a recipe that is preferred over others, but represents the need to identify the points in common, between the different interpretations, already existing in the territory, and to identify the limits of the possible variables, which can be admitted, beyond which the product would lose its original connotation to take on other, different ones.

The approval of this specification will take place through presentation to the public on the occasion of the VI National Convention, at IGEA MARINA, on 27th, 28th and 29th May 2016. In that circumstance, the members of the Forum of La Confraternita della Pizza will be able to sign this specification

Art .1 History of the Roman pizza pan

The highly hydrated Roman pan pizza spread in the 80s and 90s, thanks to the initiative of some Roman pizza makers, who created it, taking inspiration from pre-existing doughs for bread, significantly increasing its hydration and developing a specific mixing and management procedure for this product. The high quality of the product immediately sanctioned its success and the Roman-style pizza in pan quickly spread throughout the territory, becoming in a few years one of the most requested and appreciated foods, also thanks to the great contribution provided by other pizza masters, who they have enriched it with elegant, very balanced and refined condiments, - Pag. 1 of 8 - thus meeting the most modern tastes in terms of nutrition. Today the Pizza in Teglia alla Romana is sold in the vast majority of Roman and Lazio pizzerias and is considered one of the Great Classics of Street Food, continuously reinterpreted and elaborated, thanks to its formidable ability to adapt.

Art.2 The characteristics of the product

The Pizza in Teglia alla Romana is a baked product, normally cooked in a pan having the dimensions of 60 x 40 cm, which gives it a rectangular shape. It has a thickness between 15 and 30 mm, homogeneous over the entire surface, without any swelling at the cornice and without areas of greater or lesser thickness or density. The lower surface, cooked in contact in a special blue iron pan, is dry, without greasy traces and with a light and crumbly consistency, with a very small thickness and yielding to the bite. The upper surface appears uniform, with light well diffused and regular depressions, with a very light crust, with a light hazelnut color. The crumb is characterized by a wide or even very wide alveolation (with alveoli up to 10-15 mm in diameter), regular and uniform. It has an extremely soft consistency, slightly moist and very melting on the palate, characteristics all conferred by the very high hydration of the dough. The pizza seasoning can take on the most varied

configurations, starting from white pizza, without any seasoning, to a simple emulsion of water and oil, with a few grains of salt, to spices and seeds sprinkled on the surface, to reach the classic toppings from pizza (margherita, marinara, etc ...), up to the most elaborate and refined toppings, which see the meeting of meat and fish in every possible composition.

Each raw material used for the condiments (mozzarella, tomato, vegetables, oil, cheese, etc ...) must necessarily be 'Made in Italy' and produced according to the best quality and food safety standards. In addition to the particular pleasantness on the palate, the Pizza in Teglia alla Romana makes use of two particularly relevant characteristics, which give it an absolute recognizability and uniqueness among all leavened products: the high degree of hydration and the high digestibility. Hydration, in fact, calculated as the ratio between water and flour, can - Pag. 2 of 8 - vary from a minimum of 75% up to a maximum of 100%, already finding an optimal ratio in the measure of 80% (example: water g. 800 - flour g. 1.000). This very high percentage of hydration, obtainable only thanks to particular kneading techniques, gives a specific consistency to the dough first and then to the product, so as to characterize it primarily and also guarantees its very high digestibility, also thanks to the long maturation / leavening.

Art.3 Ingredients For the dough

the ingredients are: 00 or 0 soft wheat flour, brewer's yeast, natural water, sea salt or cooking salt, extra virgin olive oil.

Other allowed ingredients are: re-milled durum wheat semolina up to a maximum percentage of 15% of the total flour, sour sourdough or carry-over pasta. Olive oil, sunflower oil, peanut oil, and corn oil are also allowed.

Soft wheat flour 00 or 0 must have the following characteristics: - W 300 - 380 - P / L 0.50 - 0.60 - Absorption 58 - 62 - Stability 15 - 20 - Falling Index 2.50 - 3, 50 - Falling number (Hagberg index) 300 - 320 - Dry gluten g% 11 - 12 - Proteins 15 - 16

The flour must be natural, without the addition of additives, enzymes and preservatives and cannot take the form of a premixed food preparation . The use of type 1 flour is allowed, in such proportions that, added to the semolina, it does not exceed 20% of the total flour.

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Art.4 Methods and specifications of preparation and kneading

High hydration kneading requires very particular techniques, which can be divided into two macro categories: technique - Pag. 3 of 8 - traditional with electric kneaders (which can be either planetary, than the spiral, which also the plunging arms) and the “No Knead” technique (without kneading), which is a hand kneading technique, based on repeated series of folds to form the gluten mesh. The preparation phases are divided into 'Kneading', 'Rising - puntata', 'Staglio and shaping', 'Appretto', 'Spreading and seasoning', 'Cooking'. The procedures for a 48-hour leavening are shown below. Longer leavening is also possible, with longer stays in the fridge, up to 72 hours, but also shorter, up to a minimum of 24 hours, by adjusting the quantity of yeast.

1**) Kneading**

a) Kneading with a mixer

Ingredients (For a 40x60 cm pan):

- Flour (medium-strong, with W between 300 and 380): 725g.
- Water (cold at 4 °): 580g.
- Salt g. 18 (equal to about 25 g / kg of flour and 30 g / liter of water)
- Oil g. 15 (equal to about 20 g / kg of flour and 25 g / liter of water)
- 4 g compressed Brewer's Yeast (and in any case a quantity between a minimum of 2 and a maximum of 6 g / kg of flour, equal to a quantity between a minimum of 2.5 and a maximum of 7.5 gr / liter of water)

Procedure: Start by pouring all the flour, yeast, oil and salt into the machine. Then the machine is started and g. 430 of water. Let the machine work for a few minutes, until the gluten forms well and obtain a dry dough, which detaches from the walls. From that moment on, add the remaining water (150 g) in small doses, letting the mixture absorb it well, before adding more. The kneading must be completed within 20-25 minutes, with the addition of all the water and with the dough that will have taken on a semi-fluid, yet cohesive and compact appearance and consistency.

b) “No-knead” kneading.

Ingredients (For a 40x60 cm pan):

- Flour (medium-strong, with W between 300 and 380): g. 725
- Water (cold at 4 °): g. 580
- Salt g. 18 (equal to about 25 g / kg of flour and 30 g / liter of water)
- Oil g. 15 (equal to about 20 g / kg of flour and 25 g / liter of water)
- 4 g compressed Brewer's Yeast (and in any case a quantity between a minimum of 2 and a maximum of 6 g / kg of flour, equal to a quantity between a minimum of 2.5 and a maximum of 7.5 gr / liter of water)

Pour all the ingredients into a large container and mix just enough for the flour to absorb the water. Be careful to avoid mixing too much. The dough must maintain a lumpy and incomplete appearance. Any excess kneading and dissolution of the lumps can lead to serious defects in execution or even to the failure of the recipe. Wait one hour. Dust the counter with flour in adequate quantity, turn the dough over and proceed to the first series of folds of the dough. In the first phase, it will be necessary to help yourself with tarot cards to collect the dough and fold it, since it will have the appearance and consistency of a muddy and lumpy mixture. Fold the dough in three folds (the two edges of the dough folded and overlapping towards the center) and repeat the operation two or three times. Then wait 15 minutes and repeat the series of folds, always flouring the work surface well. Again a break of 15 minutes and proceed with a new set of folds. Finally, last 15 minutes break and last series of three-folds. At each stage it will be noticed that the dough takes on consistency and turgidity and at the last fold it will appear dry and very compact.

c) In both types of kneading, the final temperature of the dough must be no lower than 18 ° and no higher than 26 ° and possibly between 21 ° and 23 °.

2) Leavening - pointed

Wait for the yeast-maturation process to begin, for a time that varies according to the final temperature of the dough, preferably for an hour (for temperatures between 21 ° and 23 °), which can be reduce to a minimum of half an hour (for temperatures between 24 ° and 26 °) and increase to a maximum of an hour and a half (for temperatures between 18 ° and 20 °).

After this time, place the mass in a closed container and refrigerate at 4 ° for about 44 hours.

Alternatively, leavening is allowed from a minimum of 24 hours up to a maximum of 72 hours. For the No-Knead kneading only, no break is required and is placed in the fridge directly.

Cutting and shaping

Dust the work surface and pour the dough over it. Proceed with portioning, calculating the weight of the dough as follows: Pan area divided by two, plus or minus 20%. (Example: for a 60 x 40 pan we will proceed as follows: 60 x 40 = 2400/2 = 1.200. This result (in grams) can be reduced or increased up to a maximum of 20%. So from a minimum of 960 grams, up to a maximum of 1,440 grams) Once the dough has been weighed, it is shaped, by means of one or more folds, depending on the degree of stringing that one wants to attribute to it. Once the dough is closed, it will be placed in an airtight container for the second leavening, called 'dressing'. NB: regardless of the overall duration of the leavening that it has been decided to follow, it is allowed to proceed with the sizing already after the first 20 hours of leavening

and to make the molding. In the case of 48 or 72 hour leavening, the loaves can be repositioned in the fridge. This solution can make it possible to always have ready-made, pre-cut loaves available at short notice.

4) Leavening - sizing

The sizing has the function of completing the formation of gases in the dough and reaching the correct 'dough point' phase, which then allows correct spreading of the dough without the two opposite defects occurring of excessive elasticity or excessive extensibility. The duration of the sizing depends on the leavening and the degree of development of the gluten mesh. Achieving a correct and balanced leavening and extensibility stage of the dough is the result of the operator's competence and experience. The sizing takes place in a closed container, kept at room temperature and lasts from a minimum of three to a maximum of four hours.

5) Preparation and dressing

Once the size is finished, we proceed with the drafting phase. Check that the dough has reached a temperature of at least 19 ° at the core - Pag. 6 of 8 - The blue iron pan will be prepared (duly pre-treated to ensure anti-adhesion), which will be greased with a veil of oil extra virgin olive oil and with the help of a brush, greasing only the perimeter and diagonals, with a minimum quantity of oil. A mat of flour will be placed on the work surface and the dough will be turned over, directly from the container, and then covered with more flour. With only the help of the fingers, the dough will be spread in a uniform and homogeneous layer, shaping it in a rectangular shape. The dough will then be passed over the arms and from there it will be moved to the pan for the next very delicate drafting phase. This phase consists in distributing all the dough correctly and evenly on the pan, making sure that the gases and the dough are evenly distributed, even in the corners, by gently moving the dough and tapping it with the tip of the fingertips. Correct drafting will lead to a final product with a homogeneous thickness, with well distributed and uniform gas bubbles, without large isolated bubbles. Once the drafting is complete, proceed with the seasoning, both by preparing it before cooking itself, and also in subsequent phases, so that part of the seasoning is positioned halfway through cooking or even at the end of cooking, 'cold'.

6) Cooking

The cooking takes place in an electric oven, with the floor at 300 ° - 320 ° (depending on the oven used) and the top at 200 °, without ventilation, for a time that varies according to the hydration of the dough and the seasoning. used, from a minimum of 8 to a maximum of 13 minutes. After cooking, take care to place the Pizza on a wire rack for a correct cooling phase, which allows to maintain the friability and light crunchiness of the bottom, without being weighed down by any steam condensation.

Art.**5 First Signatories**

This Disciplinary has been discussed and developed on the forum of La Confraternita della Pizza (www.laconfraternitadellapizza.forumfree.it) by the most expert fans of the subject and will be officially presented during the VI National Convention of Confraternita della Pizza, in

- Pag. 7 of 8 - days 27, 28 and 29 May 2016. On that occasion, all those who participated in the drafting, giving their contribution, approve this specification will be considered 'First Signatories'. To allow even those who are distant to participate in the formal approval of this specification as 'First Signatories', a remote adhesion procedure will be set up, by sending an e-mail message, accompanied by a suitable identity document, for a limited period of time, which will be determined and communicated during the convention. For the 'First Signatories', in recognition of the contribution they have given for the drafting of the specification, adherence to this specification will not involve any cost. All those who intend to join later, will be able to do so in the manner that will be developed later. So drafted, printed in a single copy, he approves