



# 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)

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

## Main dough

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

## Pizza sauce

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





## Shaping and topping

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Some Manitoba flour for shaping

2 cloves of garlic, finely sliced

Some dried oregano

Some basil leaves

## Additional information

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