

Untold Italy Episode 73 - The Truth About Pizza with Pierpaulo

Katy

This is the Untold Italy Travel podcast, and you're listening to episode number 73.

Josie

Ciao and Benvenuti to Untold Italy, I'm Josie.

Katy

And I'm Katy, and we're here to help you plan your trip to Italy.

Josie

Between us, we have many years of travel experience and we want to help you uncover your own as yet untold stories and adventures in Italy.

Katy

Each episode, you'll hear practical advice, tips and ideas to help you plan your own trips to the magical land of history, stunning landscapes and a whole lot of pasta.

Josie

We'll have interviews from experts and focus on local destinations and frequently asked questions about travel in Italy.

Katy

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Josie

Now let's get started on your regular dose of Bella Italia.

Katy

Ciao everyone! Katy here and welcome back to another episode of Untold Italy, and one where I'm afraid your tummies are going to start rumbling again after our chat with Chiara about making pasta, I thought it was only right to set the record straight on pizza. Pizza is probably the most popular Italian food, and it's a staple of all our lives really around the world. But I'm here to tell you that you haven't tried real pizza unless you've been to Napoli or Naples.

Katy

Now, as most of you know, I have spent a good deal of time in Italy over the years. And I have to admit that a lot of that time was eating pizza. I had truffle pizza in Lucca and stuffed pizza in Rome. I've eaten up by the slice and I've eaten it by the pie. Yes. I reckon I have eaten ALL the pizza. But let me tell you, it wasn't until I finally made it to Naples in 2019 when I had the ultimate pizza experience.

Katy

So as you may know, pizza was invented in Naples or so the story goes. So I thought it was only right that we should talk to someone local who knows a thing or two about it. Today we're welcoming back tour guide and pizza lover Pierpaolo from Joe Banana Limos to tell us all about pizza from Naples and Pierpaolo told me he eats a lot of pizza every week, so no doubt he'll have some amazing tips and a few funny stories along the way. So without any further ado, let's get started.

Katy

Ciao Pierpaolo and welcome back to the Untold Italy podcast.

Pierpaolo

Thank you so much. Hello, everybody.

Katy

Oh, you're always welcome on the show Pierpaolo. Last time we spoke, we took a trip down the Amalfi Coast, which I have to say our listeners absolutely loved. And at the time you mentioned you like talking about pizza. And you know what? I love eating pizza. So I thought we could have a chat about that. Can you tell us the story of pizza?

Pierpaolo

Of course I can, and, of course, I will be taking it in a very delicate way, for the simple reason that we're talking about something that is known everywhere in the world. And so we got to give the right information to everybody. So even to understand what made it so popular.

Katy

We need to hear all the very, very precise details because we don't want to get this wrong. I think everyone's been getting it wrong for a long time and we need to fix this problem.

Pierpaolo

OK, I thought we start from the way to eat pizza because many people think that the pizza is to be crispy and it has to be crunchy, sometimes even harder to chew. Not at all. Pizzas has to be very thin, pizza has to be soft. And you got to have a sensation in the mouth like it's completely melting. And all the flavors have that mixed together in the mouth that makes you appreciate it even better. So we want to start it a little bit with some stories. What do you think about it?

Katy

I think that's a great idea. Like where did it come from? Why did it start?

Pierpaolo

For sure, I'm from this area, so you can probably listen to the pride that I have while I'm talking about it. The pizza is very easy food. It was born officially in 1734 in the Naples kingdom. But we have some news about it, even in the Greek time. And let me tell you something, in the Greek time, I mean the 26 hundred years ago - because Naples are better seeing a Napoli because Naples is in Florida while Napoli is in Italy actually!. So we do have these roots that are a mix, a melting pot. And Greeks did a lot for us. So we started with the fact that the pizza is the most popular word in the world. I mean, it's even more popular than spaghetti, not spaghedi. You know somebody say spaghedi, spaghedi it's spaghett-ee and the capuccino and even the espresso - not Xpresso - espresso. So if we had a trade mark on this word pizza in Naples. We would have been probably the richest in the world.

Katy

If I had a cent for every time someone said pizza!

Pierpaolo

Who's not used the word pizza at least once a week? So that's what. So let's say that the first original so we started in the middle age and it was actually a pasta dough made only with the lard of the pork, that we actually have an easier fat that you could keep in the winter. And it was actually the lard. So they melt it, they make it solid again and they take a spoon of it every time they need it. Well, let me tell you, it's delicious. And it was made with basil and cheese, probably the origin of the word that comes back from the Latin, from the word the pinsa with the N S. That means in to 'pinsere' squeeze, actually, not to make it flat, to use your hand to squeeze actually the pizza dough on the marble. Pinsa. That's what you do so pinsa. Or even from the Arabian word, the pita. That means the flatbread or even from the part from the Greek word, pita. That probably gives a little bit of that word. So more or less that we have this the origin of the word and the for the very first time they wrote about it. Plato already was talking about these flat bread, of a circular shape and it was imported. So from the Greeks in the in Southern Italy and it was made even in that time with cheese, olive and onions. Katy - did you notice that I didn't mention tomatoes or tomatos - however you want to say?

Katy

I did. I was wondering about that.

Pierpaolo

Because in the seventeen hundreds we actually had this very good relation with the Viceroy in Peru. The Viceroy in Peru was a friend with our King Charles and they imported here for the very first time, the tomatoes. So believe it or not, one of the most popular food of the Southern Italy was from Southern America.

Katy

What? That's incredible.

Pierpaolo

So this is actually the reason why when you think about even the first pizza, they came out on 1734, it was the marinara, but the very beginning - the marinara was without tomatoes at all. So it was made with anchovies, with capers, black olives, and oregano. And only a couple decades later so 1760 / 1770 they started to add that the tomato on it and it was starting like a very poor dish, but that was eaten even by rich people. So that tells you in a few words that when something gets good, it's eaten from rich and from poor people as well. There's nothing to do.

Katy

Yeah, it doesn't matter if it tastes good. Who's arguing?

Pierpaolo

Another little detail of the story, how it came up. It was actually that they were peddlers that we're selling the pizza on the street. So imagine that they had this huge container made of copper because the copper keeps the temperature very warm. And so would they did - the first the pizza lab, they were not open to the public, they were open to the peddlers. So I'm always talking about 250/300 years ago, almost, you know, so so still a long time. But imagine that it was born like something that was made in a lab and then transported from the peddlers all over the city. And imagine all this, people screaming and yelling "come by the pizza" - something like that. "I've got the best" you know -the way that we do it in the market, which is quite fun to see. So in 1738. So this was made with the wood oven and sometimes they were even fried. So I will tell you about the fried pizza later. And imagine that this was for so many poor people that they had the rule from today to the eight. What does it mean? It means that you eat today and you pay within eight days.

Katy

Right. That sounds fair.

Pierpaolo

Imagine that he gave the chance to even those people that didn't have the money with them to say, OK, you know what, I'm going to pay in eight days so I actually I can actually do the pizza, without having the struggling to find the few money, even if it was very cheap. And imagine that there was this street in Naples that was even one of the destinations of the Grand Tour. So all these rich people from England, Germany, France, imagine - Katy we talk about traveling now - we take a flight and we can go from Australia, from America, from Canada, all the way to Italy. In that time, moving from Germany, from England to Naples, it was quite longer than a trip from Australia now. And this is actually the reason why, when they arrived here, they wrote all about the stories and the things that they found out included these peddlers that there will selling this pizza on the street. And the more they

were talking about it, the more it got popular and popular. So they had to put even a law in the city of Naples that they could not stand nearby the street because they caused traffic because of the people buying the pizza. So like 250 years ago, talking about traffic, it seems something crazy. And so when did it officially came out that it was from the Naples area? So it was Ferdinand IV, who was the second king of the Spanish time of the 1700s. So he - normally a king doesn't move to go to take his personal pizza. Not at all.

Katy

No. The pizza goes to him!

Pierpaolo

Exactly the king asked the servants but they said it violated the label - you know, that's how we call it the etiquette in Italian. And so he went directly to the oven to take the pizza and until 1900, only in Naples you had pizza. Plus you have to know that the immigrants from Italy, the situation was a big part. I mean, southern Italy was in a way set apart. So we had several problems even with farmers. And so there were a lot of people moving from here to America to Australia. I mean, everybody knows something because wherever you go in the world, you have some Italian relatives no?

Katy

That's true.

Pierpaolo

The famous Zio Americano the American uncle. I mean, who doesn't have in Italy an American uncle? Everybody. So Lombardi was the first one in America that brought the pizza. Probably our listeners in America will definitely know him. And they started without the word with charcoal in the oven. And, of course, without the cheese - the cheese was American cheese. So it started changing. And that's why people in their mind, when they eat the pizza, they think about the Chicago pizza that is so thick. Very thick. It has changed because they didn't have like now I mean, now if I make a phone call, I can have in eight hours the fresh mozzarella cheese from Italy to America, for example. In that time, it wasn't easy at all. And so here in the Naples area, there was this pizza maker, ,Raffaele Esposito that he started with this pizzeria and now it's called the Brandi, the B R A N D I. And the it was the first one to make the famous Margherita. Why do we call it like that. Because you had this new king coming in. Italy was unified as Italy in 1860, 1861. What did happen, it was that when Umberto of Savoy, with his wife, the Queen Marguerite... sounds familiar... she had the three choices of a pizza that she would pick. One was with oil, cheese and basil, most of the cheese - and now we use a lot of parmesan cheese but we have to know that Parmesan is more of the Northern part of Italy, we had a lot of the Caciotta, lots of the pecorino because we also sheeps and the mountains. So we had the others. And the second one was actually we did whitebait. I don't know if our listeners have that in mind. It's actually the fish of the juvenile fish, very, very small white fishes. And the third choice, it was tomatoes, mozzarella, and the wife of Mr Esposito, the pizza maker, she said, you know what, Italy is

green. Why is the white, red and green? Why with this tomatoes and mozzarella, don't we put some leaf of basil? So we go back to the Italian colors of the flag. That's how it came out.

Katy
Brava!

Pierpaolo

She, of course, she fell in love with it. There is also the fact to say that two other alternatives were not as good as good as this. Yeah. Now if we try to let a child eat the whitebait, you know, I mean, it would be impossible for a child to eat it. But in that time, so she loved it, and so the tomato started to become more and more popular. Even in the Nativity scene, which is this representation of Christmas time that we have in Italy, especially in Southern Italy, where you see there's a table at the outside L'Osteria, which is a sort of inn and there is always a dish of spaghetti with tomatoes.

Katy
This is true.

Pierpaolo

The reason - the first one was the marinara. And nobody wonders why 'marinara', Marinara - in Italian marinara means from the sea.

Katy
Yeah, that's what I always thought.

Pierpaolo

Because the fishermen eat it after that, they came back from the ship and then went to the public ovens to eat it. This is the reason why - all the fisherman they were on hungry. So when they came back, they ate the cheapest pizza that was made with the tomatoes, anchovies, capers, olives and oregano and garlic. And so they ate this pizza. And so this was the marinara pizza.

Katy
Oh, my gosh, I never knew that.

Pierpaolo

So I hope that I'm not boring you, telling you this info because we always wonder, you know, pizza, why marinara/margarita? So we're cleaning up probably some point with our listeners - what do you think Katy?

Katy
Yeah, I think it's great. I think you don't ever sort of question these things sometimes and then you find out the story, who's the wife of the baker? What's her name again?

Pierpaolo

Rafael Esposito. Well, let me tell you, Esposito is one of the most popular names in Napoli often in America. They change it with the pronunciation 'spozito, it's not 'spozito, it's Esposito. And he means that 'to expose' because the orphans in Naples took care of a lot of children that were orphans, 'exposed' their names out of the Monastery that had the children. So that's why 'exposed' Esposito. So and the wife had that this genius idea and said you know what? She's the queen why, don't we put the basil leaves and we had the colors of the Italian flag and so let's say that it became so popular that pizzerias took over, especially in America. So mentioned that they had the more pizzerias in America than in Europe and the first pizzeria was in Germany only 1952. But let's say that the pizza became one of the most globalized food in the world. And imagine that in the North Korea it was forbidden to eat hamburgers, French fries and pizza.

Katy

So I like this lady Esposito did I say right? She's the original branding guru of pizza. You'd probably pay her a lot of money these days to get that red, white and green, dadaa! I love it. So Pierpaolo, it wasn't just the Americans and all the other people trying to change the pizza, though, was wasn't even in Italy, the pizzas are different.

Pierpaolo

In Italy, we are rivals from one town to another sometimes. Imagine in the way to make a pizza how we can be different and imagine it in other countries in the world where we don't have the same raw materials. So the pizza can definitely change from one part to the other in the world. But we can say that we make it really good. It's not me saying that's all the people trying it. It's the knowledge. I mean, how can you get the knowledge like this? Because it's three hundred years we're making pizza here. So the experience of all these pizza makers - they start when they are ten years old. So what do they do? I imagine years ago - now it's a mandatory to go to school till 16 years old, but in the past, at 13 years old, you could be out of school. You had people that really didn't want to work, so they say you know what I'm sending you to work if you don't want to study. It was like a punishment, but probably for the pizza maker was like a relief. And so you had these kids starting to make pizza at 14 years old and you see them now that they are 60 years old and they're still making pizza. I mean, is that not enough?

Katy

That's a lot of experience.

Pierpaolo

Plus, of course, the ingredients. That the water makes a difference, because in Naples, we've got some springs that are really good, even if, for example, there are countries that have good springs and that makes a difference. In fact, in the same United States, when you go to New York, the pizza place is better not only for the knowledge, but because they've got the better water and the even the peeled tomatoes. No, I mean the tomatoes that we use that

mostly grown here, you don't even look at the how many people say this is with Italian tomatoes. Not all of them have the Italian tomatoes. Here in Italy, most of us we do.

Pierpaolo

And of course, not to avoid the mozzarella. Our mozzarella is mostly made the especially the one that you try on the top pizza. I mean, the best pizza - you try it with the buffalo mozzarella cheese. And of course, to our spectators I don't want them to imagine that they got to go near by a huge US buffalo and try to get the milk out of it. Imagine the scene trying to get the milk from this buffalo. No, they are way smaller and they were imported here about 500 years ago. I mean, that they were up in the Salerno area and they were leaving in the marshes. I mean, what is the good point? You have an animal that gives you the milk and that is cleaning the marshes as well? It's a good compromise. Already in 1784, just to tell you a number, we had a production of 30 tons of buffalo mozzarella cheese.

Katy

That's a lot of cheese.

Pierpaolo

And plus to mention that the mozzarella is the most popular fresh cheese in the world. There is no other fresh cheese that is so popular, not even the feta from Greece. I mean, it became so popular because of I mean, what else? You think of the buffalo mozzarella and it's really that it changes your mind as soon as you try it because - first it's watery, you know, so you take that in the hand, then you make the bite. This bite starts to squirt all this milk from the inside. Then you have these this bite, you know that from watery it mixes with the fats of the milk and it almost has like a sort of - I wouldn't say gamey - but for sure stronger than the typical cow milk. And it stays in the palate like that. And after ten minutes, you're still doing "oh, gosh, I can still taste it." After ten minutes that you have done your bite. I mean, I gave you the explanation of why you can try the mozzarella cheese and not stop it and not forget it. So that's how it became popular.

Katy

I've got to tell you, I had that exact experience in Napoli and it was life changing that cheese. If you've never had it. You have to have it. If you do one thing in Napoli, you have to have this buffalo mozzarella cheese. It is just off the charts. Amazing.

Pierpaolo

Let's clear this up with our listeners. I never saw Katy eating the cheese in Napoli.

Katy

He really didn't. We just met.

Pierpaolo

No, because somebody could think "oh, he saw her eating the" .. No! That's the typical sensation that you feel when you're eating it.

Pierpaolo

And the reason why the pizza is different than others also is actually the wood oven is made with the lava stone at the base and with terracotta bricks, the same that the Romans did already two thousand years ago. In fact, for example, if you go to Pompeii to see the ruins, you see some of the bakers, you can still find the same dome shape. It's like a noble, you know, like a dome. And you can see that the heat goes in a circular way and they makes it really hot. So imagine that the temperature goes to the 480 Celsius degrees that in Fahrenheit it's more or less 900 Fahrenheit, you know, and that's why you put the pizza in there. 90 seconds. 90. So one and a half minutes - the pizza is ready.

Katy

That is fast food.

Pierpaolo

It's a combination of all the good points. About food. Easy. It gives you protein. It gives you carbs. It gives you the right acidity, minerals. So it has lots of the pearls. So that's why it became that popular.

Katy

Amazing. So tell me about the dough, actually, because when you're making the dough, some people say it's got to go over two or three days, so what's the story there? For the real Napoli pizza?

Pierpaolo

Only a big belly, like mine, you know, experienced in pizzas could answer to this in the right way. And I'm telling you, because with this lock down (this terrible lockdown) the good side is that I even learned how to make pizza dough. Of course, it's not the same thing because when you don't have a pizza oven, it doesn't come out the same way. But I've tried. And let me tell you. The real rising - you have, it something in between 15 to 24 hours. But there are now many pizza makers that they have cells where they keep the dough for 48 hours. It's not the rising of the dough because you don't need to have a huge bubble of dough, you know? No. You need to have this dough in maturation. It has to become mature. In this way, all the enzymes, so they eat all the stuff that the stomach cannot digest easily. And in this way they make the first part of the digesting already with the maturation, so making it mature. And plus there is the rising thing. That's why you take it out of the fridge a few hours at least 6/8 hours before because it has to go again at the room temperature. So imagine that every pizza maker now is preparing their dough at least one or two days in advance.

Katy

Is that why it's easier to digest? It does feel easier to digest, actually, than the pizza that you have here.

Pierpaolo

Let me tell you Katy, everyone that tried the pizza here, no one excluded, everyone that tried the pizza here they were not thirsty at night, that were not feeling like they needed (I don't know if I offend anyone saying) burping. "Oh, my gosh, I feel so full." It comes out. It creates lots of air. Also because, I don't want to see the rising is still going in your stomach, but there is something similar happening.

Katy

Ahhh

Pierpaolo

So the chemical reaction that happens in your stomach is more or less similar to the rise. So that's why you feel full. And that's why when I go to eat one of the pizza and one from my favorite pizza maker, me and my fiancee, which is much slimmer than I am, we both eat two pizzas each.

Katy

What?!?!

Pierpaolo

I'm not kidding. And you know what - we make it out super fast.

Katy

Now, I've heard there's fried pizza, too, is that right?

Pierpaolo

Oh, yeah, definitely. If you look at it, you will never see it as a pizza because it's not a disc. It's not with the red sauce on top, but to fried it, you cannot fry it open, so you basically have to fold the pizza. And we actually have two kinds. One that is made with half a disc of pasta, another the one that is made with one disc of pasta dough. And you stuff it mostly with the ricotta cheese, ciccioli, which are some pieces of lard of the pork (very tasty, but very fatty as well.), black pepper, mozzarella cheese or provolone. One of the two smoked one and the some tomatoes that in the fried the pizza I don't prepare. It was born after World War 2 because the problem was that to maintain the food out of the fridge. So what they did it was to fry because when you fried, you avoid the germs, so you destroy everything. And plus when you fried, let's say, it tastes better, yeah? So they spread the pizza and it's huge, but it's because the dough has got a lot of air. So they fry it and they take a sort of spoon and they pour the oil even on the top surface. So like a movement, you know, like they're pouring oil on top of it. And the similar movement, when they put the butter with a spoon on the top of a meat - don't know if you've ever seen that. In this way, you have this fried dough, but of course, you can stuff it even in other ways. There is one of the pizzeria of the fried pizzeria makes it with the escarole and anchovies and black olives. It's delicious. I mean, for the fishatarian, for the fishatarian, it's fantastic. For the fishatarian because it's just the anchovy

and the vegetables, easy. Fried and eaten so. A good Peroni, a good beer and you've got even the calories to survive for the rest of the day, you know?

Katy

Yeah. I want it right now.

Pierpaolo

Definitely.

Katy

OK, now tell me, I need to know this question as well. Is there anything that you can't put on pizza? I mean, you've told us all this olives, anchovies, cheese..

Pierpaolo

We didn't start to make different combinations with the pizza even hundreds of years ago. We would have never arrived to the level of pizza now. But let me tell you something, you know, and I say it from the deepest part of my heart. DON'T PUT PINEAPPLE ON A PIZZA! Every time they put pineapple on a pizza, there is an Italian/Napolitan pizza-maker dies. And that's how it works.

Katy

It's true. They die a little in their heart - no pineapple.

Pierpaolo

Because of the fruit, it has got the acidity. You put it through with the mozzarella and then you put it with the the dough, with the tomatoes, I mean the acidity in the stomach and then you have Word War 2 in your stomach, you know, I mean, it's just too much. So for the moment, let's keep the pineapple on the tree or on the beach for the fruit or on a cake.

Katy

Understood. We're not putting pineapple on our pizza. Can you tell us where the best pizza is in Napoli? Because we need to know where to go.

Pierpaolo

Of course, we have all of a list and I wrote you a list so that our listeners can use and it's huge and it's definitely made in the several branches in order that they can pick the right one that they want. But of course, for that, I tell you, let's start with the style quickly so that the people can understand. In Naples we have the pizza like the chariot wheels. What is that? It's a pizza that it's bigger than the dish that is hosting it. So I mean that the pizza with the crust, it almost touches the table. It's very thin and the crust as well is very thin. Then we have a new one that came out with the big maturation of the dough, and it's called the dinghy pizza. dinghy like the one that you use the boat. Well, it's a way to call it to make you understand but, even the pizza maker, they actually call it like that because the crust is extremely big.

Katy
OK

Pierpaolo

But it's not the full of dough. It's full of air. In fact, if you go inside, you see the same holes that you see in a Swiss cheese. Did I give you the idea?

Katy
Yeah, yeah?

Pierpaolo

When you see the Swiss cheese you see the holes, the same thing in the pizza. The pizza Canotto, in Italian that's how you say dinghy. And then you have the classic one, which is the something in between. They're not extremely big with the dough, but still very thin. And in my area where I live, in the Sorento area, we have the pizza from Vico Equense which is actually thicker and it stays in the oven for a longer time and not the typical 90 seconds that you need for a pizza. And it's different. And there are some Napolitans that when they don't want to eat the pizza in Naples, they come here to eat something different. So we have several styles, but more or less our listeners know the kind of pizza that they're going to eat and the talking back about where you can find them, there is one website that came out like a 6 or 7 years ago, and now it's popular all over the world that it's called the Fifty Top Pizza where they actually have all the pizza winners. In my opinion, more or of less they respect the ranking, even if personally I've tried all of them.

Katy
I'll bet you have!

Pierpaolo

Keep in mind that I've tried over 500 pizzerias not only 50. I'm not showing a big head on myself, for real I've tried it. And the other thing is that more or less they respect the ranking, even if sometimes they give a little bit of a push for the advertising. But only 50 top pizza, you can find the pizza makers. But let me tell you my personal ranking.

Katy
Yeah. Oh we need to hear it, it's very important.

Pierpaolo

We started with these one that are more or less the fancy, the Michelin star of the pizza maker, you know. That's another thing that I don't understand why the Michelin guide is not giving the stars to a pizzeria while they're giving it to a sushi place where they have the restroom on the outside. In Japan, the three star winner, you've got to go out of the restroom and if it's raining you get wet just to use the restroom. Just saying, you know! So I hope that they will find out a way to give us the stars, but let's start with the Pepe In Grani. Pepe In Grani is probably the best pizza in order of flavors, in order of dough and in order how we mix

it. Of course. Now, he got so popular that you got to go there and you got to make a reservation. But it's been the first one that started to use a Michelin starred cook. And I'm not even telling you the kind of pizza he has. He has one that is made with the sort of jelly of tomato and the jelly of basil. So you actually have this pizza made that with the buffalo mozzarella and then the stripes of a gel put on top. There is a concentration of flavor, that it's a kick in the mouth - is what it is. Plus, it has another one made with the typical cheese from the area, basil, black pepper and the jam of figs. You can use it even like a pastry. So good it is.

Katy

Oh gosh!

Pierpaolo

So I hope our listeners have eaten already because now it's time they will start to be starving for sure. And another one, which is one of the dingy pizza dough maker of the pizza canotto, it's called i Masanielli and at i Masanielli is a personal friend of mine is called Francesco Martucci. And it definitely started to make this pizza that apparently, you say "oh my god it's huge" and know you got to try it and it's wow - like air, you know? I mean, you eat it and you don't even feel it, you know? And of course, this guy, even without having a Michelin-starred cook that gave him the flavor - he did a lot. I have to say that he really deserves it because he recently won the contest of 50 Top Pizza, after Pepe In Grani won it for three, four years. Then going to the city center, we have a couple of them that are really good, the Fratelli Salvo. Now in the Fratelli Salvo, well, I got to say that, I mean, when you try a pizza and you like that, you never forget it for the rest of your life. I mean, they had this Conciato cheese, which is a typical cheese that they did in the Roman time. Trust me, it's not for chicken. I mean, you need to have stronger flavors at palette. So, I mean, already when you smell it, they put it in the terracotta jar, you smell. So what is that? I mean, not even a drug will do the same effect. When you say "oh, my God!" I mean, it's incredible, especially, of course, for food the lover, because the food is my drug actually. I was saying that example and he put, Fratelli Salvo, he started to put this pepper round pepper like a bowl and they're kept in the vinegar. It's called the papaccella. He still has it in the list. I mean, that that was phenomenal. You feel this flavor of the pepper, then the vinegar that gives the acidity boost. Then you got this cheese, you know, that is going to compensate for the acidity of the pepper. Oh, my word.

Pierpaolo

Another one, which is good it's in the city of Napoli and it's called the 50 Kalo. So this guy is always of the same family, Salvo family, because, you know, it's the same grandpa and then they split up this family and are having, you know, different pizzerias everywhere. And this 50 Kalo, he makes pizza with escarole. I mean, it's a vegetable that we use a lot in Napoli and they put some olives, chili, cherry tomatoes, black olives, escarole and smoked mozzarella cheese. Oh, my word. Plus, of course, I got to tell some news because probably of all the listeners that are online, they're noticed that I didn't mention one of the most popular, which is called Da Michele. And it's the same one where Julia Roberts was making Eat, Pray,

Love. I have to say, in my opinion, it's a good pizza. But if you go there, don't make the mistake that you take it with the single mozzarella - you got to take it double mozzarella.

Katy

Double mozzarella. That is the tip.

Pierpaolo

Yes, that is only the tip because the line is always long because of its popularity. They don't even tell you how many Asians and people from everywhere in the world because with such a popular movie like that, they say "I want to go because Julia Roberts went" And I don't say it's bad, but of course it's not top of my list. But if you're gonna try it, try the double mozzarella.

Pierpaolo

And another one is Sorbillo. But the one in Via Tribunali. Sorbillo has got one place in London and another in New York. Only in New York, you pay for a pizza with the mozzarella cheese, about 18 dollars plus tax plus tips and things like that. Here in Napoli with 6 or 7 Euros, you get the pizza and the drink.

Pierpaolo

Plus there are now these younger pizza makers and I got to say one on top of every one, which is called the Ten Pizzeria. If people Google the Pizzeria 10 and it comes out, the guy, Diego Vitagliano. Of course, is a friend of mine, but I'm not seeing this because of a friendship. I'm saying it because it's a guy that has worked a lot in this life, is a guy that has done a lot of experiments. And at the same time, he has created these flavors that are phenomenal. So he was growing up with his grandmother and they didn't want to give up to the typical flavors that you feel. I mean, Napoli you got the Ragu, the Ragu flavor. I mean, it's home. I mean, you smell it. It's home. And they didn't want to give up to the famous Genovese, for those that the love of the onions, it's a sauce made the cooking the onions, for 5, 6, 7 hours gently and the comes out with the meat that it's melting in the mouth. So he was able to make a pizza with the buffalo smoked mozzarella cheese and the genovese sauce on top of it. Plus recently it made the pizza because he's a very big fan of the Franco ?????. And the good thing is that this guy is not in the central part of the city. So if you don't go there on a Saturday, you're in the middle of the week. I mean, you go there, you sit down, you relax and you get the pizza that is fantastic. And for sure, like a 7/8, euros, the most you can pay is 11 euros for a pizza. That's it. Nothing in huge in terms of prices.

Pierpaolo

And near by the train station, we have always the link that probably our listeners can reach. We have three of them, Carmnella, which is a guy, he's a talent. And it's many years, it's about 110 years the pizzeria they're running. He made some innovation because these new pizza makers, they're studying the dough to make it more digestive. The lifestyle has changed. You cannot take to the same pizza of two hundred years ago. Because two hundred years ago we were running and walking all over. Now when we go from A to B or to take our kids to school, we think of the car. We don't burn calories like we did in the past. So that's

why the kind of food has to change in order to make it the more digestive this guy Carmnella makes it very well. Vincenzo is another friend of mine. There is another one called the Gallifuoco, which is right in front of the train station, so you don't have to struggle walking the two much around. And another one is called The Pellone, which is very popular because he is the one that makes the pizza at the chariot wheel style. So if you go there to Pellone and you say, "oh gosh are they clean this table". You wonder why they cleaned so well today, the table before you sit down. It's because the pizza is attaching to the table so much that it comes out of the dish.

Katy

Now tell me. What I'm hearing here is... like sometimes we think in Italy that we're just going to be buying a slice? But no, no, you're not buying a slice you're buying the whole pizza, right?

Pierpaolo

The tradition of the slice of pizza is in Rome.

Katy

Oh right.

Pierpaolo

So the pizza in Rome, it's different. It's made very crispy and there is one thing I don't know. These the Romans are genius making money because they sell you the pizza, not by the slice, but by the weight. So the heavier it is the more you pay. So at the end, you eat three slices of pizza. You go to Naples and you realise - oh my gosh I could have eaten an entire pizza in Naples for the price of the 3 slices. But it's good because it's crispy. And let me tell you, especially to the Americans and the English people that are listening, they will like it - before they tried the Napolitan, then they will say "wow that's the best, that's the best". And they can come to Napoli to one of the addresses I gave and they will change their mind. But let me tell you that the pizza in Rome is very good. Bonci is one B.O.N.C.I is one of the best that started this tradition and I have to say that it's quite, quite good. Of course, we don't have all the time to say all the lit of the pizzerias, but there are even pizzeria for Pompeii, for Vico Equense, for Salerno. And so in this way, our listeners, when they need to travel, they put this list and they're set.

Katy

Oh, that's so generous of you. I mean, have you tried all the pizzerias is on the list at least once?

Pierpaolo

Si, si, si absolutely! All of them. No, no, no. Otherwise, I'm not going.

Katy

You know what? I would love to have your whole experience, but how could we have the experience of trying all the pizza with you? Because, I mean, it's one thing to go to the

restaurant, but how do we know what to order? You've given us a quick rundown. How can we do that? How can we best experience pizza in Naples being with someone that knows about the area - of course, you get the best suggestions. For example, there are people that come out of the train station. They pick up a car service or they take a train in the train station and have a good pizzeria out of the train station. You've got a driver waiting for you. It takes you there, looks after your luggage in a safe parking garage. So you eat the pizza without the anxious of being robbed by your luggage. So let's say the truth. It's a different story because when you come and you stop by, you can definitely taste one of the pizzas in Naples. But plus, we also have for those that are really into it, they wanted to experience the way how to make the pizza. We have a several pizza classes that we include in the tours so people don't waste time. And at the same time they learn something new about pizza.

Katy

Mmmmm. Excellent. But I really want to come with you. I want to go and I want to go tasting all the different ones with you. Is that possible?

Pierpaolo

You're very welcome. Trust me, I don't know. I don't know how many pizza you can resist in one night. But I made the experiment like there was an Italian movie for kids, you know, for younger kids, where these guys tried three or four restaurants. So with my fiancee we tried three pizzerias in one night.

Katy

So one pizza each in each restaurant?

Pierpaolo

Yes, absolutely. Because otherwise it would have been too much. And we drank water because the beer makes you more stuffy.

Katy

Oh my god, that would be amazing.

Pierpaolo

It was a beautiful night. What a great memory. And plus, let me - we were talking even about the buffalo mozzarella cheese. We also have even a tour of the buffalo mozzarella cheese that includes even a tour of some Greek archeological ruins. It means that not only you're looking at stuff that is at least 26 hundred years old, from 26 to 21 hundred years old, plus you get the chance to see a Buffalo farm, the way they make it and even, of course, to try it.

Katy

Wow, that's in Paestum, right?

Pierpaolo

Exactly, in the Paestum area. Imagine how many things you can combine. And no, I mean, the chances are really many.

Katy

Well, I mean, I think it was a bit of like a revolutionary moment where I know that a lot of people ask, can they do a stop in Pompeii after they arrive in Naples and they go on to Sorrento or Positano. And then you said, oh, sometimes people just stop for pizza. And I was like, oh, my God, that's exactly what you should do forget Pompeii.

Pierpaolo

Why not both? I mean, I got a couple of addresses. I got a couple of addresses even for Pompeii, of two very good pizza makers. One is a younger guy and another one is a pizzeria that I personally tried the 5 or 6 times as well. And they're really good. So that's why the stop by for Pompeii doesn't exclude it. But of course, you can even go directly for the pizza, which is a genius idea. Sometimes when you don't want to spend the time in the city because you more seek the beauties of the views of the water of Sorrento, of Positano. So you stop by Naples and you get the chance to eat and an undescribable pizza, or sometimes even they would like to stop to eat the pizza with the beautiful sea view.

Katy

Oh my goodness. You know what? I'm starving now.

Pierpaolo

I warned you! I said look, you will be starving after this.

Katy

You did warn me. I've got to say to our listeners that I had really tried a lot of pizza and I only went to Naples or Napoli sorry for the first time in the end of 2019. And when I was just like, this has been the biggest mistake of my life so far. Because I had this pizza and this buffalo mozzarella and my friend who was with me and I were just looking at each other, almost crying, going, what is this? And nothing has touched it since then. I'm sorry, people, but you need to go to Napoli and try the pizza. OK, so how can we all stay in touch with you and the team at Joe Banana Limos Pierpaolo?

Pierpaolo

You can definitely contact us on joebananalimos.com, .net at J.O.E, banana like the fruit limos and L.I.M.O.S. We also have all the links. We have our Facebook page, so you can definitely keep in touch with us in any easy way. Plus a toll free number that they can call us from US and Canada, so definitely a way to speak with us in an easier way without paying a cent actually, just using a little bit of your time to plan your vacation. So it's +1 888 727 4707.

Katy

All right. So that's great. I think everyone look, I think there's so much more you can probably learn about pizza. I think we've only really scratched the surface. And I can tell you've studied this subject for a very long time. You probably get a Ph.D. in pizza. And I just don't even want to know how many pizzas you've eaten in your life. Can you estimate that.

Pierpaolo

My Ph.D. is written on my belly actually! I have to say that. But in terms of the numbers with the pizza. Do a list like five pizzas per week.

Katy

Wow

Pierpaolo

Time's 30 years of my life, you know? So many. Really probably too many, my body's saying, but it's good.

Katy

Oh, fantastic. Oh, I really can't wait to get back to Napoli and taste so many slices. As many as I can eat. Thank you so much for joining us today.

Pierpaolo

You're very welcome. And I hope all our listeners enjoy this conversation about this serious subject which is the pizza.

Katy

I'm sure they did. Grazie Mille!

Katy

Wasn't that brilliant? I just love talking to Pierpaolo. He has so many great things to share and he's really, really funny, too. And he also reckons he eats five pizzas a week. Now, I'm not sure whether he was joking or not, but I call that absolute dedication to the pizza cause. And I don't mind telling you that I am booking myself in for pizza tour with him just as soon as I can hot foot it back to Naples because life is way too short for bad pizza. Am I right? I seriously could not think of a more fun day than going pizza place hopping with Pierpaolo. Naples here we come. Definitely one for the memory banks for sure. So if you are a pizza lover and dreaming of that pizza, then head on over to untolditaly.com/73 for episode 73 show notes and all the information on pizza tours in Naples. Pierpaolo has also very generously given us his list of top pizza places in the city, should you want to visit them on your own steam. Warning - it's pretty long - as you'd expect from a guy with a five-a-week habit. Now, if you love pizza and enjoy today's show, it will be wonderful if you could give us a rating or review either on your favorite podcast app or on our Facebook page at Untold Italy Travel. That helps the people of the Internet know that our podcast is worth listening to and of course, help them find great and life changing pizza in Italy. Plus, we do pass on all our

feedback that we get to our guests who get a huge thrill when they read them. Many of our guests have never done a podcast or live stream before. So hearing from our listeners that they enjoyed it is very special to them, too. That's all for this week. I'm off to dream about Napoli pizza. Ciao for now!