



# Eats & Treats

BAHRAIN

to your heart's content



## A Slice Of The World's Most Popular Food

Pizza- Saucy, cheesy, chewy and loved!

A work of art, where golden dough meets the warmth of an Italian oven. Upon it, a melody of vibrant colours dances in unison- the rich red of ripe tomatoes, luscious green of fresh basil and the velvety white of melted mozzarella. Each bite takes you on a journey of flavours that unite to hypnotize the senses and ignite the soul with passion for more. Pizza is a culinary love affair that transcends time and place, demanding love with its tantalizing aroma and promises of shared joy.

The origin of the word 'pizza' could be derived from the Latin word 'pinza', meaning to pound or stamp. Oxford suggests the word means pie and they all seem correct. Although the origin of the name 'pizza' is uncertain, one thing we are certain about is the fact that this humble dish that originated in Naples in the 18th century tops the list as the world's favourite food.

Flat breads with toppings



existed in the Middle East and pizza seems to have originated from that concept.

The base of an original Neapolitan Italian pizza is usually thinner and toppings include mozzarella and tomatoes. Italians take extra care and time

to create their pizza dough. They allow the dough to rest and rise for three days to make it light and fluffy. This process of resting the dough reduces the production of gas in the stomach, making it easier to digest. The pie traditionally contained San Marzano tomatoes, basil, olive oil, and mozzarella- a simple but winning combination.

Immigrants from Naples arrived in America in search of job opportunities. Millions of European immigrants took up employment at factories, and with them came their ideal dish, pizza! As the Neapolitans were cooking up pizzas for themselves, the taste of pizza spread and soon more pizzerias began sprouting up, to the delight of everyone around!



Due Mari, Jumeirah Gulf of Bahrain Resort & Spa

Pizza is versatile and customizable, therefore, never boring. With hundreds of topping combinations to choose from, pizza remains one of those meals that scores of people love to eat. Pizza is a go-to party food as it is shareable, easy to handle, portion out and serve. Savoury flavours from cheese, the sweet and tangy tomato

sauce, the aroma of basil and the satisfying crunch and chew of the crust makes pizza highly desirable.

Spread joy by celebrating with this shareable treat on 9 February - World Pizza Day.

How many slices can you eat at a time? What are your favourite toppings?



### A NEW GASTRONOMY JOURNEY STARTS WITH *BYBLOS*

Bahrain's new beachfront restaurant Byblos opens its doors for the best Lebanese Cuisine.

Indulge in Chef Tony El Khoury's savoury dishes, reflecting his modern take on the recipes of his hometown in Lebanon.

Indoor and terrace seating options, décor influenced by the Mediterranean Sea, and enchanting views of the Bahrain Bay skyline add to the feast.

Tuesday to Sunday, 6:00 p.m. to 12:00 a.m.  
Reservations: (973) 1711 5500 or diningreservations.bahrain@fourseasons.com



### Perfect Pizza Sauce Recipe:

#### Ingredients:

- 1 (28-ounce) can whole tomatoes
- 2 tablespoons olive oil
- ¼ cup grated onions (or finely minced)
- ½ - ¾ teaspoon dried oregano
- 1 teaspoon dried basil
- ¼ - ½ teaspoon red pepper flakes (depending on heat preference)
- 3 cloves garlic, pressed
- 2 teaspoons sugar
- 1 teaspoon kosher salt



#### Instructions:

- Pour the tomatoes into a large bowl and using your hands, kitchen shears, or an immersion blender, break the tomatoes down so that they are chunky.
- In a medium saucepan placed over medium heat, heat the olive oil, grated onions, and oregano, basil, and red pepper flakes. Allow them to cook for 3-4 minutes, stirring frequently so nothing sticks or burns. Add garlic and continue to cook for another 30 seconds to a minute.
- Add the prepared tomatoes along with the sugar and salt. Let the sauce reach a simmer, then lower the heat to medium-low and allow the sauce to simmer for 30 minutes. Taste and adjust with additional seasonings as desired. If you prefer a more concentrated tomato flavour, you can continue to simmer the sauce for up to 15 more minutes.

### Are you a true pizza enthusiast? Let us find out.

1. Which city is the birthplace of pizza?
2. What is the name for a restaurant where pizza is made and enjoyed?
3. How many types of cheeses are on a Quattro Formaggi?
4. Which fruit would you find on a Hawaiian pizza?
5. What dish, with a name literally meaning trouser or stocking, is often thought of as a folded over pizza?
6. From which country does Margherita pizza originate? What do the colours of its toppings represent?



Answers:  
1. Naples 2. Pizzeria 3. Four 4. Pineapple 5. Calzone 6. Italy, The flag of Italy - Green, red and white