



Fish pizza



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Fish Pizza

Pizza is the savory dish of Italian cuisine where flat bread is layered with juicy sauce and topped with any ingredient. The ingredients may be cheese, sausage, vegetables, meat, fish or tomatoes. Spices, herbs, basil and fries are the most common pizza toppings. Pizza has become an international food and the toppings may be quite different in accordance with local tastes. Fish pizza is highly accepted by seafood lovers and it can be made with fish, shrimp or any seafood product as primary ingredients.

Ingredients for pizza topping

Fish meat	:	500 g
Onion	:	250 g
Ginger paste	:	20 g
Garlic paste	:	10 g
Green chilly paste	:	20 g
Red chilly powder	:	25 g
Turmeric	:	3 g
Garam masala	:	pinch
Oil	:	½ table spoon
Black pepper	:	Less than ¼ spoon
Chilli flakes	:	½ table spoon
Pizza sauce	:	200 g
Mozzarella cheese	:	100 g
Italian herbs	:	½ table spoon
Pizza base	:	10 nos
Salt	:	To taste

Marination of fish for frying

Fish	:	500 g
Chilli powder	:	15 g
Salt	:	To taste
Turmeric	:	½ table spoon
Vinegar/lemon	:	10 ml
Black pepper	:	½ table spoon

Preparation of fish chunks fry

- Dress the fish by heading and gutting and then clean it thoroughly with water.
- Make small chunks and marinate with the ingredients for frying and keep aside for 30 min.
- Heat oil in a pan and fry them until golden brown.

Preparation of Pizza topping

- Heat oil in pan then add garlic, ginger paste and chopped onion. Saute until onion turns to golden brown.
- Add red chilly powder, turmeric, black pepper powder, garam masala and salt. Mix and cook for 10 min and then add fish mince, cook for 5-10 min. keep aside.

Preparation of pizza

- Spread thin layer of pizza sauce over the pizza base. Put a layer of the topping over the base, top with cheese, onion slice and black olive.
- Then carefully transfer to oven, bake for 10 min at 230-250°C or till the base is crispy.
- Sprinkle salt, black pepper powder and chilly flakes.
- Cut into wedges and serve.

Packaging of fish pizza

Fish pizza requires pizza box; a folding box made of cardboard in which hot pizzas are stored for takeaway. The pizza box has to be cheap, stackable, thermally insulated to regulate humidity and suitable for food transportation.

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