



ASK LEO PIZZA

Mostarda di Frutta con Forno a Legna



Chef Leo Spizzirri
Master Istruttore

North American Pizza & Culinary Academy

A native from Chicago, Leo Spizzirri has spent a lifetime supporting the pizza and baking industry with his expertise in dough rheology and high speed manufacturing.

An artisan pizza and bread maker by trade, Spizzirri completed his studies as a Master Istruttore at the oldest pizza school in the world, Scuola Italiana Pizzaioli in Venice, Italy under Head Maestro Istruttore Graziano Bertuzzo.

His work has been seen all over the world both as an international pizza competitor and as an instructor, where he is often treated as the authority in Chicago style pizza.

Spizzirri is the co-founder and Maestro Istruttore of the North American Pizza & Culinary Academy located in Lisle, Illinois which is the second branch of Scuola Italiana Pizzaioli in the United States. His state of the art school features a climate controlled dough laboratory, an oven room that houses 7 different types of working ovens, and a show kitchen that holds up to 60 people for both public and private events.

Mostarda?

You might be asking yourself...

What the heck is it?

If we had to call it something, it might be defined as a relish but very different from what we know a relish to be in the

United States. The Italian Mostarda comes from the northern regions of Italy and can be found from Piemonte through Veneto and down into Emilia Romagna. The best-known is the variation from Cremora (Mostarda di Cremora) and is most commonly produced commercially.

The word *mostarda* derives from the French *moustarde*, which in turn derives from *mout ardent*, meaning fiery must, which was made by adding powdered mustard seed to unfermented grape must and cooking it down to produce an invigorating condiment.

Traditionally, Mostarda was served with boiled meats like the northern Italian specialty *bollito misto*. Most recently it has become a popular accompaniment to sharp cheeses.

I like the idea of using Mostarda as a condiment because as you will see from the following recipe, the ingredients can be changed up seasonally and can be used in a number of different applications. With fall among us, this Mostarda utilizes dried apricots, cherries, and apples to create a sweet and savory combination that I love. My variation also combines a dash of cayenne pepper for a burst of heat that contrasts well with the sweetness of the fruit and the jolt of the mustard. Try this recipe alongside your Thanksgiving turkey or Christmas roast, it's sure to become your favorite secret recipe. Buone Feste! - Leo Spizzirri



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Mostarda di Frutta

Total time including prep, 1 hour

Makes approximately 2 quarts

Ingredients

- 8 oz. Dried Apricots, quartered
- 4 oz. Dried Cherries, halved
- 4 Granny Smith Apples, peeled, cored, and cut into 1/2" cubes
- 3 cups Water
- 2 cups Sugar
- 3 tbsp. Dijon Mustard
- 2 tbsp. Brown Mustard Seeds
- 2 tbsp. Canola Oil
- 3 bay leaves
- 1/4 tsp. Cayenne pepper (optional)
- Kosher Salt, to taste

Instructions

- * Preheat your wood fired oven to 500 degrees f.
- 1. Prep all ingredients and add to a heavy 12" cast iron skillet (4 qt. works well)
- 2. Add water to pan and stir to combine ingredients
- 3. Place pan inside mouth of oven and to the opposite side of coals
- 4. Cook at medium-high heat, stirring frequently
- 5. Mostarda is done when the apricots and cherries have plumped, the apples have broken down, and the liquid has reduced and thickened. This should take 35-40 minutes.
- 6. Cool to room temperature and serve or transfer to an airtight jar and refrigerate for up to 1 month.

