

 **TRABO**<sup>®</sup>  
made in italy

**naturcook**<sup>®</sup>



  
**top recipes**  
discovering new recipes

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fantasy  
has no limits...



MADE IN ITALY

**naturpala®**

**PIZZA SHOVEL**

 **TRABO®**

made in italy

my cooking

Special pizza shovel with hollow to facilitate taking up and putting down

*A recommended buy for immediate use*



Size: 30x40 cm

Material: beech wood



# Naturcook

refractory cooking plate  
handmade & ecological

**THANK YOU FOR CHOOSING THIS REFRACTORY PLATE.  
YOU WILL BE ABLE TO PREPARE EXQUISITE PIZZAS AND MANY  
OTHER RECIPES!**

This exclusive refractory plate has been hand-crafted in Italy for cooking pizza, vegetables, meat and fish, thanks to a mix of special clays that absorb humidity and make the food crispy.

It cooks without the need of fats, ideal for a healthy diet and suitable for: the traditional oven, fireplace, barbecue.

## **NATURCOOK**

Naturcook by Trabo is a top quality refractory plate, suitable for cooking crispy pizzas and many other foods.

Ideal for cooking piadinas, focaccias, vegetables au naturel, golden chips, kebabs, or baking biscuits, brioches, tarts and apple turnovers.

It maintains unaltered and exalts the genuine flavour of the food!

## **FEATURES AND PERFORMANCE**

Naturcook plates are made by hand and are composed of selected clays fired at 1320°. This procedure ensures that the plate is heat-proof.

This material is absolutely natural, it heats and diffuses heat evenly, absorbing humidity for fat-free cooking.









**Instructions and advice  
for use**

## INSTRUCTIONS AND ADVICE FOR USE OF NATURCOOK

- 1 Remove the plate from its packaging and rinse with hot water without using detergents.
- 2 Place Naturcook inside the oven (200°C/400°F), in the hearth or on the barbecue; do not put oil or fat on the surface of the plate.

**PLEASE NOTE:** leave the plate to heat for a few minutes, then place the food on its hot surface.

- 3 Pre-heating times for the plate and cooking times vary according to the source of heat (barbecue, oven, etc.).
- 4 To move the plate, during or after the cooking session, use pot-holders or oven gloves.
- 5 Naturcook absorbs heat very quickly and releases it slowly, it can be brought to the table and placed on a pot stand!
- 6 The plate should not be placed under cold water after use, to avoid the risk of thermal shock!
- 7 The plate is composed of natural clays and with use tends to darken, but this does not compromise its performance in any way!
- 8 This plate is also suitable for people not tolerating gluten (coeliac disease).

## CLEANING - NO DISHWASHER, RINSE BY HAND!

Leave the refractory plate to cool slowly, to avoid thermal shock.

Do not use cold water to cool Naturcook.

Wash with hot water without detergents!

Any encrustations or cooking residue that may deposit on Naturcook can be eliminated using a soft brush.

To remove any flour residue, we recommend use of a damp cloth.

Never wash the plate in the dishwasher.

For periodical cleaning, heat it in the oven and use a nylon brush to scrape it gently, then rinse in hot water.

## WARNING

With regular use the refractory plate tends to darken and become stained, which gives the product an even more rustic appearance.

This phenomenon is quite normal and does not prejudice in any way the functions of the Naturcook refractory plate.



# Pizza story

Pizza must certainly be one of the most loved dishes, not only in Italy, but throughout the world.

The pizza story begins when primitive man learns to obtain a sort of rough flour from grain by crushing the kernels, and mixing it with water to form a ball of dough to cook over the fire.

Its true and proper evolution however comes with the invention of the oven which certainly ensures a better result than the “ancient” focaccia.

Naturally, just like today, even the forerunner of pizza was greatly appreciated and for this reason it survived until 1600, century in which the first real pizza appeared, the Neapolitan pizza known and loved by all.

The story of pizza as we know it started only in the second half of the 19th century with the arrival of the classical “tomato and mozzarella” pizza, which immediately became famous, not only in Naples, but also in America thanks to the multitude of Italian immigrants in New York.





**Advice for preparing  
pizza and focaccia dough**

## FRESH YEAST PIZZA DOUGH, 4 SERVINGS

500 g. wholemeal or semi-refined wheat flour (type 00), 25/30 g. fresh brewer's yeast, water as required, 30-40 g. extravirgin olive oil (3-4 tablespoonfuls), salt.

Tip the flour loosely into a heap on a pastry board / table / other suitable surface, preferably marble.

Dissolve the yeast in a little warm water, pour into the centre of the heap, then add the salt, oil, and enough water to obtain a soft, smooth dough, easy to work.

Knead the dough strongly until it is elastic and compact. Form a ball, sprinkle with flour, and cover with a clean damp teatowel. Leave it to rise in a warm place, away from draughts, for about two and a half hours, or in any case until it has doubled its volume.

When the dough has risen, place on a table / rolling board, press by hand or using a rolling pin until it reaches the recommended thickness of 1-2 cm.

Pre-heat the oven to 200°C.

Prick the dough with a fork and arrange your ingredients on the pastry. Place the Naturcook firestone in the oven for about 5 minutes at 200 degrees, take it out, dust with flour and - using the Naturpala - place the pizza accordingly (go to page 4 of recipe booklet).

Cook in the oven at 180°/200°, according to the thickness of the dough and the oven (about 20/25 minutes).

Take out the firestone and remove the pizza using Naturpala.



## DRY YEAST PIZZA DOUGH, 4 SERVINGS

500 g. wholemeal or semi-refined wheat flour (type 00), 10 g. dry yeast in granules, water as required, 70/80 g. extravirgin olive oil (6-8 tablespoons) salt.

Dry yeast in granules has the advantage of being available at any time in the home. Dissolve the dry yeast in half a glass of warm water and leave to rest for about half an hour in a very warm place.

Meanwhile, prepare the flour mixed with the salt, by forming a heap on a board or suitable work surface, preferably marble. Pour the yeast and oil into the centre, and knead strongly for about a quarter of an hour, then form a ball sprinkled lightly with flour.

Leave to rise in a warm place (20°/25°C) covered by a clean damp teatowel for a couple of hours, until it has doubled its volume.

When the dough has risen, place on a table / rolling board, press by hand or using a rolling pin until it reaches the recommended thickness of 1-2 cm.

Pre-heat the oven to 200°C.

Prick the dough with a fork and arrange your ingredients on the pastry. Place the Naturcook firestone in the oven for about 5 minutes at 200 degrees, take it out, dust with flour and - using the Naturpala - place the pizza accordingly (go to page 4 of recipe booklet).

Cook in the oven at 180°/200°, according to the thickness of the dough and the oven (about 20/25 minutes).

Take out the firestone and remove the pizza using Naturpala.

## FOCACCIA DOUGH, 4 SERVINGS

300 g. flour, 15 g. fresh brewer's yeast, 1 tablespoonful extravirgin oil, salt.

Dissolve the yeast in a little warm water and add to the flour, heaped on a work surface, together with the oil and salt.

Add more warm water and knead until obtaining a soft and elastic dough. Put the mixture in a warm place for a couple of hours, covered with a clean damp teatowel.

When it has doubled its volume, take 2/3 of the dough, and knead it again. Place on a table / rolling board, press by hand or using a rolling pin until it reaches the recommended thickness of 1-2 cm. Drizzle the dough with extravirgin olive oil as required.

Pre-heat the oven to 200°C.

Prick the dough with a fork and arrange your ingredients on the pastry. Place the Naturcook firestone in the oven for about 5 minutes at 200 degrees, take it out, dust with flour and - using the Naturpala - place the pizza accordingly (go to page 4 of recipe booklet).

Cook in the oven at 180°/200°, according to the thickness of the dough and the oven (about 20/25 minutes).

Take out the firestone and remove the focaccia using Naturpala.

**Enjoy with Trabo!!!**

Discover a larder full of recipes on [www.trabo.it](http://www.trabo.it)



# Pizza recipes



**la regina Margherita**  
**(Queen Margaret)**

Fresh mozzarella, tomato, basil,  
extravirgin olive oil.

**essenza Napoletana (Neapolitan essence)**

Fresh mozzarella, tomato, anchovies, oregano,  
extravirgin olive oil.

**sicilianuzza**

Tomato, capers, garlic essence, extravirgin olive oil.

**la Marinaretta**

Tomato, garlic, chilli pepper, extravirgin olive oil.






*profumo di Primavera (spring fragrance)*  
fresh buffalo mozzarella, tomato, Pachino cherry tomatoes, oregano, basil, extravirgin olive oil.

*i Quattro Sensi (the four senses)*  
fresh mozzarella, tomato, artichoke hearts, champignon mushrooms, black olives, cooked ham, garlic, extravirgin olive oil.

*fantasia di Mare (sea fantasy)*  
tomato, mozzarella, clams, crispy shrimps, squids, curled octopuses, mussels, garlic, chilli pepper, extravirgin olive oil.





**essenza di Porcini**  
**(cepes mushroom essence)**  
fresh buffalo mozzarella, tomato,  
cubed ceps mushrooms, fresh parsley,  
extravirgin olive oil.

**l'Allegra (the joyful)**  
fresh mozzarella, tomato, boiled egg,  
champignon mushrooms, black and green olives,  
tuna, extravirgin olive oil.

**vegetariana (vegetarian)**  
buffalo mozzarella, zucchini julienne, thin carrot slices,  
finely cut aubergines, Pachino tomatoes, bell pepper  
strips, Taggiasco olives, extravirgin olive oil.





*fatti miei (that's my business)*

tomato, abundant buffalo mozzarella, small capers, anchovies, Taggiasco olives, basil.

*la vogliosa (the voluptuous)*

tomato, truffle flakes, extravirgin olive oil.

*la Ghiottona (the gourmand)*

tomato, cubed buffalo mozzarella, gorgonzola, curls of fontina cheese, flakes of grana cheese, sprinkling of pepper, extravirgin olive oil.







**Fantasy recipes**

## PLEASE NOTE

Remember that the cooking times for each recipe vary according to the power and the heating surface!

Recipes are given for 4 portions when the quantity is indicated.

Remember that use of Trabo oven paper is ideal for some recipes.

When aluminium foil is indicated, it should be used.

Always remember to use pan-holders or oven gloves when removing the Naturcook refractory plate from the oven or other sources of heat.

We recommend using a separate plate for persons not tolerating gluten (coeliac disease).

## WARNING

With regular use the refractory plate tends to darken and become stained, which gives the product an even more rustic appearance.

This phenomenon is quite normal and does not prejudice in any way the functions of the Naturcook refractory plate.

**PIADINA FANTASIA:**  
Heat the piadina 2 minutes each side, complete with a choice of: cubed ham, mozzarella, black olives, tomato, capers and basil, tuna, maize, rocket and green olives, a little olive oil and aromas according to choice.  
Cook at 180/200°C until reaching desired result.  
Always use pan-holders or oven gloves to remove the plate.



**CAPRESE-STYLE ROASTED BREAD:**  
2 small French loafs/baguettes, 250 g. buffalo mozzarella, 4 bunch tomatoes, 5 spoonfuls pitted black olives, extravirgin olive oil, fresh or frozen basil, fresh oregano, salt and pepper.  
Wash then dice the tomatoes.  
Prepare the slices of bread, cutting rounds of max 1 cm, cut the mozzarella into slices and arrange on the bread slices.  
Add the pitted olives, cut into rings, and complete with a drizzling of oil, salt and pepper to taste.  
Bake at 180°C for 5/7 minutes, place on Naturcook, garnish with fresh oregano once removed from the oven.  
Always use pan-holders or oven gloves to remove the plate.

### FPUMPKIN FOCACCIA:

Cut about 200 g. of pumpkin slices.  
Steam cook after removing skin and seeds.  
Reduce to pulp using a vegetable mill.  
Dissolve 10 g. brewer's yeast in a little warm water.  
Heap the flour on a work surface, add a pinch of salt  
and the dissolved yeast.  
Mix everything together with the pumpkin puree,  
adding water to obtain a ball of soft dough.

Put it into a teatowel and leave to rise for about  
an hour (not in the fridge but in a warm place).  
Peel 1 onion, cut it into slices and fry gently with a  
little warm water. When cooked add a small amount  
of radicchio and a little salt, continue cooking for a  
few minutes.  
Place the dough on Naturcook, arrange the onion  
and radicchio on top.  
Cook at 200°C for 20/30 minutes.  
Always use pan-holders or oven gloves to remove  
the Naturcook plate.



### SAGE FOCACCIA:

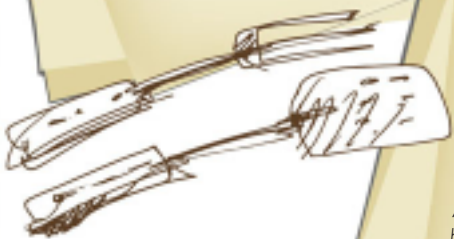
Dissolve 10 g. brewer's yeast in a little warm water. Heap the flour on the work surface, add a pinch of salt and the dissolved yeast. Add an abundant handful of finely chopped sage, a drop of extravirgin oil and a pinch of salt and mix together.

Place on Naturcook and cook in the oven at 200°C for 18/20 minutes. Always use a pan-holder or oven gloves to remove the plate. When cooked, decorate with a few whole leaves of sage.

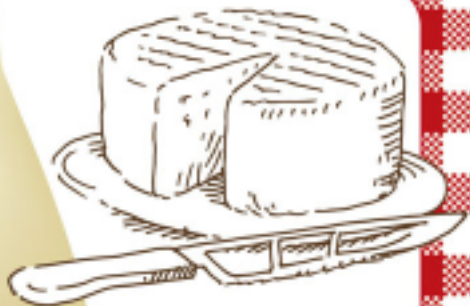


### EMERALD SALMON:

Allowing one medium slice of salmon per person, sprinkle with fresh chopped parsley, a few drops of lemon juice, and place on Naturcook after covering it with a sheet of oven paper or aluminium foil. Cook at 180/200°C for about 10 minutes. When cooked, decorate with some sprigs of parsley and add some pepper. Always use pan-holders or oven gloves when handling the plate.



**ESCALOPES WITH PEAS, CARROTS AND BRIE:**  
Ingredients: thin slices of veal or turkey loin, fresh or frozen peas, fresh carrots or frozen slices, a few basil leaves, fresh carrots and aromatic salt.  
Place on a sheet of aluminium foil or oven paper.  
Cook at 180/200°C for 15/20 minutes.  
Always use pan-holders or oven gloves when handling the plate.



**VEGETARIAN MIX:**  
Ingredients: 4 tufts of Trevigiana chicory, 2 sliced aubergines, 4 courgettes, 4 peperoni, sliced in the same way. Arrange on Naturcook.  
Sprinkle with a pinch of aromatic salt.  
Cook at 180/200°C for 10/15 minutes.  
Always use pan-holders or oven gloves when handling the plate.  
Drizzle with extravirgin olive oil and sprinkle with pepper.



**MEAT/FISH KEBABS:**  
When making kebabs, always dry both meat and fish with a sheet of kitchen paper.  
If you wish to add vegetables such as courgettes, aubergines, tomatoes, or fruit such as pineapple, prunes, apple.

Place on a sheet of aluminium foil or oven paper.  
Cook at 200°C for 15/20 minutes, if you want a crispy golden effect.

Always use pan-holders or oven gloves when handling the plate.



### **CHICKEN THIGHS WITH MUSTARD AND LEMON:**

Ingredients: 8 chicken thighs, 2 lemons, 1 teaspoonful mustard seeds, 2 teaspoonfuls of sweet mustard, 1 teaspoonful honey, salt and pepper to taste.  
Score the chicken thighs diagonally and arrange in a dish. Mix the sweet mustard with the lemon juice, the mustard seeds, salt and pepper.  
Brush the thighs with this mustard-based cream and leave to marinate for about an hour in the fridge.  
Then arrange the thighs on Naturcook.  
Cook at 200°C for 25/30 minutes, turning them now and again. Always use pan-holders or oven gloves when handling the plate.  
When cooked, brush with the remaining marinade.



## POTATO HAMBURGERS

300 g. potatoes, 1 spoonful pine kernels, 1 spoonful walnut kernels, 2 spoonfuls extravirgin olive oil, 1 egg, a few sage leaves, 2 spoonfuls breadcrumbs, salt and pepper to taste.  
Boil the potatoes in their skins, peel and then mash in a bowl, using a fork.  
Add the nuts, coarsely chopped with a knife.  
Add the egg and some of the breadcrumbs, keeping some aside for coating.  
Adjust the seasoning and amalgamate the mixture.



Use a round stamp to create the hamburger and a spoon to level it.  
Coat with breadcrumbs and fry on both sides in a pan with some sage, using olive oil.  
Place on Naturcook to make the dish crispy ad hoc.  
When ready, decorate with the shelled walnut and pine kernels.  
Cook at 200°C for about 10 minutes.  
Always use pan-holders or oven gloves when handling the plate.





## ARTICHOKE WITH RICE STUFFING

4 spoonfuls Arborio or Basmati rice, 4 "mammola" artichokes, 1/2 spoonful chopped mint, 1 spring onion, 1 quarter white onion, 1 spoonful white wine, 1 lemon, 4 spoonfuls thick yoghurt, 1 egg, 5 spoonfuls extravirgin olive oil, salt and pepper.

Soften the finely chopped spring onion in a spoonful of oil for 3 minutes, without browning it. Add the rice, add and evaporate the white wine, then add a few spoonfuls of warm water and a pinch of salt. Cook for about 7/8 minutes until the water is absorbed.

Accurately clean the artichokes, eliminating the hard leaves. Cut them in half and remove the "fur" inside. Soak the artichokes in water and lemon juice to prevent their going black. Fill the artichokes with the rice and chopped mint. Place the stuffed artichokes on the plate and add the previously beaten mixture of yoghurt, egg and salt. Spread on the artichokes and put in the oven again. Bake at 180°C for about 35/40 minutes on oven paper. Always use pan-holders or oven gloves when handling the plate.



## SWEET PUFF WITH PLUMS AND ALMONDS

6 plums, 250 g. puff pastry, 150 g. plum jam, 00 white flour, 4 spoonfuls honey, 70 g. sliced almonds, 1 egg.

Roll out the puff pastry on a floured board, making 4 squares of about 12 cm.

In the centre of each put 2 spoonfuls of plum jam and spread slightly.

Wash the pitted plums and cut into thin slices. Arrange in a wheel at the centre of the pastry squares.



Fold the edges towards the centre, drizzle each puff with 1 spoonful of honey and decorate with 1/4 of the almond slices.

Beat the egg in a cup and dilute with a little water. Use this mix to brush the pastry so that it becomes golden when baked.

Place the puffs on oven paper on Naturcook. Bake at 200°C for about 20 minutes.

Always use pan-holders or oven gloves when handling the plate.

Remove from oven and leave puffs to cool before serving.



## APPLE TURNOVERS

Peel 8 apples, cut them into slices and sprinkle with sugar (cane sugar is best).  
Roll out the pastry to form disks about 4 mm. thick.  
Arrange the slices on the disks of puff pastry and turn in the edges to form the turnovers.  
Seal the borders well and brush with egg yolk.  
Place the turnovers on a sheet of oven paper  
on Naturcook.

Bake at 180/200°C for 20/25 minutes.

Always use pan-holders or oven gloves when handling the plate.



## BISCUITS

500 g. 00 white flour, 250 g. sugar, 100 g. butter,  
4 eggs, grated lemon rind.

Heap the flour on the work surface, add sugar and mix. To the heap add the egg yolks and a volume of water equal to 4 half egg-shells, add the grated lemon rind and pieces of softened butter. Knead the ingredients together well until obtaining a perfectly smooth paste. Using a rolling pin, roll out the pastry to a medium thickness.

Use stamps to make biscuits in the form desired. Using a sheet of oven paper, place on Naturcook and put in the oven.

Bake at 180/200°C for 20/25 minutes.

Always use pan-holders or oven gloves when handling the plate.



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