



## Ffwrnes Pizza: Taith o Lanelli i Naples / A Trip From Llanelli to Naples

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Ni yw Ffwrnes, dau ffrind o Lanelli sydd ag un breuddwyd mawr o wneud pizza. Daeth yr ysbrydoliaeth ar ol teithio i Napoli a blasu'r pizza rhyfeddol. Toes meddal, ysgafn a blasus, saws melys hyfryd a chaws ffres. Doedd neb yng Nghymru yn creu pizzas traddodiadol Napoletanaidd, felly, fel dau foi sy'n caru pizza penderfynon ni dechre cwmni pizza. Daeth y freuddwyd yn wir ar ol sesiwn o yfed gwin coch a phrynu ein fan cyntaf, Smokey Pete, ar eBay!

Napoli yw'r cartref hanesyddol y pizza. Cafodd y pizza Margherita cyntaf ei greu yma a mae'r ffwrn lle coginiwyd y pizza cyntaf dal yn tanio. Ein bwriad yw i gyfuno'r dulliau traddodiadol o'r Eidal gyda'r cynhwysion gorau o Gymru i greu'r pizzas hyfryd yma.

Er mwyn creu pizza Napoletanaidd mae rhaid defnyddio cynhwysion arbennig. Blawd Tipo 00 o Napoli am y toes, sy'n cael 24 awr i eplesu. Tomatoes San Marzano sy'n tyfu yng nghysegod Mynydd Vesuvius ac yn angenrheidiol ar gyfer y fath yma o bizza. Mae'r cynhwysion Cymreig yn cynnwys amrywiaeth o gigoedd o Fferm Trealy yn Sir Fynwy ond mae yna wastod opsyニア heb gig sy'n defnyddio llysiâu o'r marchnadoedd lleol.

Y darn olaf ar gyfer creu pizza Neapolitan yw'r ffwrn. Rhaid cael ffwrn dŵn lle mae'r tymheredd yn cyrraedd 500 celsius a felly'n coginio'r pizzas mewn nawdeg eiliad. A dyna beth sydd gennym-ffwrn dŵn mewn cefn van o'r enw Smokey Pete.

Ers dechre Ffwrnes rydym ni wedi gwneud taith blynnyddol i Napoli i fwynhau bwrlwm y ddinas, yfed Aperol Spritz ac wrth gwrs bwyta lot o pizza. Mae pobl Napoli yn efelychu ac yn dysgu am flynyddoedd i fod yn pizzaiolo (pizza chef) a does dim rhyfedd bod y pizzaiolos gore yn cael eu trin fel sŵr roc. Ciwiau enfawr tu fas i'w bwyta, chwaraewyr pel-droed fel cwsmeriaid, hysbysebion Dolce a Gabbana a wynebau cyson ar y teledu. Efallai un dydd bydd y dau ohony mor enwog a Mike Phillips a Leigh Halfpenny!

Mis Hydref diwethaf aeth bois y Ffwrnes ar daith i Napoli-deuddydd, pedwar pizzeria a fferm mozzarella. Gwaith caled fel allwch chi ddychmygu!. Trefnwyd y daith gan [Daniel Young](#), arbenigwr pizza, ac ymysg y teithwyr arall oedd [Julian White](#), un o cogydd Heston Blumenthal a pherchnogion bwytafel o Lundain fel [L'Anima](#), [Novikov](#) a [Bellillo](#).

Cyntaf oedd pizzeria [Sorbillo](#). Yn ol y son, lleoliad pizzeria cyntaf y byd, gyda phob tro ciw enfawr. Cwrddon ni a Gino Sorbillo ei hun yn ei Casa Pizza - amgueddfa personol a chegin datblygu lle roedd y ddau ohonon ni yn dipyn 'star struck'. Roedd e'n bleser cael gweld "dawns y pizza" yn y cegin- pob pizzaiolo yn cydwelio yn di-ffws mewn cegin sy'n coginio 2000 o pizzas pob dydd.

Pizzeria [Da Michele](#) oedd nesaf- enwog am fod un o'r pizzerias hynaf (ers 1870) ond hefyd am ei ymdangosiad yn y film Julia Roberts, 'Eat Pray Love'. Cafodd ein pizzas i'w gweini gan wyr y Da Michele gwreiddiol. Dim ond dau fath o pizza sydd ar gael- Margherita a Marinara. Y rheswm? Yn syml i sicrhau ansawdd ar ol ymroddiad o flynyddoedd o ymchwilio cynhwysion gorau Campania.

Mae [50Kalo](#) yn un o'r llefydd newydd. Lle mae Sorbillo a Da Michele i'w weld yn yr ardal hanesyddol ac yn dilyn traddodiadau pizza Napoli, ystyriwyd Ciro Salvo (perchenog 50 Kalo) fel rhan

We are Ffwrnes, two friends from Llanelli who share the one great dream of making pizza. The inspiration came to us after travelling to Naples and tasting the marvellous pizza there. Delicious crust, soft and light, with a lovely sweet sauce and fresh cheese. There was nobody in Wales making traditional Neapolitan pizzas, and so, as two lads who love pizza, we decided to begin our own pizza company. The dream became reality after a session of drinking red wine and buying our first van, Smokey Pete, on eBay!

Naples is the historic place for pizza. Margherita pizza was first created there, and the oven where the first pizza was cooked is still fired up. Our aim is to combine the traditional methods of Italy with the best ingredients from Wales to create beautiful pizzas here.

To create a Neapolitan pizza one must use special ingredients. Type 00 flour from Naples for the dough, which takes 24 hours to ferment. San Marzano tomatoes, which grow in the shadow of Mount Vesuvius, and which are essential for making this kind of pizza. The Welsh ingredients comprise a variety of meats from Trealy Farm in Monmouthshire, and there are always meatless options which use vegetables sourced from local markets.

The final thing needed to create Neapolitan pizza is the oven. It is necessary to have an oven in which the temperature reaches 500 degrees centigrade, such that the pizzas cook in ninety seconds. And that's what we have. An oven at the back of a van called Smokey Pete.

Ever since Ffwrnes started we have been making an annual journey to Naples to enjoy the bustle of the city, drink Aperol Spritz and of course eat a lot of pizza. The people of Naples imitate and study for years to become a pizzaiolo (pizza chef), so it is no wonder that the best pizzaiolos are treated like rock stars. Huge queues outside the restaurants, football players as customers, Dolce and Gabbana advertisements and regular appearances on television. Perhaps one day the two of us will be as famous as Mike Phillips and Leigh Halfpenny!

Last October the Ffwrnes boys went on a trip to Naples- two days, four pizzerias and a mozzarella farm. Hard work, as you can imagine! The trip was arranged by [Daniel Young](#), a pizza specialist, and among others making the trip were [Julian White](#), one of Heston Blumenthal's cooks, and also proprietors of London restaurants like [L'Anima](#), [Novikov](#) and [Bellillo](#).

Our first stop was the [Sorbillo](#) pizzeria. They say this is the best pizzeria in the world, with a huge queue every time. We met Gino Sorbillo himself in his 'Pizza House' – a personal museum and development kitchen, where the two of us were a little 'star struck'. It was a pleasure to see the 'dance of the pizza' in the kitchen- every pizza chef working together smoothly without any fuss in a kitchen where 2000 pizzas are cooked every day.

Next was the [Da Michele](#) pizzeria- famous for being one of the oldest pizzerias (founded in 1870), and also for its appearance in the Julia Roberts film, 'Eat Pray Love'. We had our pizzas served by waiters from the original Da Michele. Only two kinds of pizza are on offer- Margherita and Marinara. The reason? Simply to ensure quality after devoting years to researching the best ingredients Campania has to offer.

[50Kalo](#) is one of the new places. Where Sorbillo and Da Michele are seen as part of history and following the traditions of Neapolitan pizza, Ciro Salvo is considered as part of the 'new wave'. The restaurant,

o'r "new wave". Mae'r bwyty, sydd ag agwedd a steil modern, ar gyrrion y ddinas a mae'r pizzas yn fwy arbrofol. Rysait toes ei hun, toppings gwahanol, hyd yn oed pizza melys ond un peth wnaeth sefyll mas oedd trylwynder Ciro Salvo er mwyn creu perffeithrwydd pizza. Pob techneg a phroses yn cael y sylw uchaf.

Roedd rhaid teithio i'r ardal Caserta am rhan nesaf y daith. Ymweld a ysgol pizza lle roedd **Cicco Vitiello** yn dangos ei ddull am neud pizzas. Enghraifft arall o'r "new wave" oedd y boi yma oedd yn hoffi arbrofi gyda toes (fel toes lliw du!) a'r toppings. Un peth i gofio oedd dal yr ymrwymedd i safon ac i'r defnydd o'r cynnrych lleol gorau- rhywbeth sy'n nodweddiadol o bob lle pizza aethon ni.

Yn dal yn Caserta oedd **Caseificio Il Casolare**. Cyflenwyr mozzarella i'r pizzerias gorau yn Napoli. Yn defnyddio cymysgedd o laeth, lle mae'r gwartheg (buffalo) yn cael eu bwydo glaswellt gwahanol dan cyfarwyddyd y fferm, mae'r mozzarella gorffenidig yn cael eu neud gan llaw. Yn union fel y pizzas, mae'r sylw mwyaf i bob cam, a'r un nod o greu y mozzarella perffaith. Does dim byd yn cymharu i fwyta mozzeralla fresh yn syth o'r 'bath'.

Mae'n amhosib i ni deithio i Napoli a pheidio ymweld a pizzeria **Da'Attilio**- ein ffefrynn. Awgrymiad oedd y lle yma gan ein AirBnB cyntaf ac hefyd rhan mwyaf o'r trigolion lleol. Pob tro mae Attilio wrth y stondyn yn gwneud pob pizza. Un pizza nodweddiadol i trial fan hyn yw'r "stuffed crust"- pizza siap seren gyda ricotta fresh yn y crwst.

Diolch i'r profiadau hyn ac i'n angerdd at pizza, mae Ffwrnes wedi tyfu dros y dwy flynedd diwethaf. Nawr, mae gennym ail van (Sam Van Tan), lleoliad rhan amser lawr y **Depot** yng Nghaerydd, rydym wedi ennill Pizza Gorau Cymru yn y Gwobrau Eidalidd Cymreig a mae S4C yn dilyn ein taith i Bencampwriaeth y Byd Pizza yn Parma. Felly dilynwch ni ar Trydar, Instagram a Facebook am newyddion am ein taith a lle i ddod am pizza blasus.

which has a modern look and style, is situated on the outskirts of the town, and the pizzas are more experimental. The recipe for the dough itself, different toppings, even sweet pizza, but one thing that stood out was Ciro Salvo's thoroughness in his quest to create the perfect pizza. Every technique and process attended to with the utmost care.

We had to travel to the Caserta region for the next part of the journey. A visit to a pizza school, where **Cicco Vitiello** was showing the way to make pizzas. Another example of the 'new wave' was the lad here who likes to experiment with dough (such as dough of a black colour!) and with the toppings. One thing to remember was to always keep up the standard of work and always use the best local ingredients- something which characterised every pizza place we went to.

Still in Caserta we visited **Caseificio Il Casolare**, purveyor of mozzarella to the best pizzerias in Naples. Produced using a blend of milks, from cattle (buffalo) grazed on a variety of grasses under the direction of the farm, the mozzarella is finished by hand. Just as with the pizzas, the utmost attention is paid to each step, with the same aim of creating the perfect mozzarella. There is nothing to compare with eating fresh mozzarella straight out of the 'bath'.

It is impossible for us to travel to Naples and not visit the **Da'Attilio** pizzeria- our favourite. The place was first suggested by our AirBnB and also by a large part of the local populace. Every time Attilio is at the stall making every pizza. One notable pizza to try here is the stuffed crust- a star-shaped pizza with fresh ricotta in the crust.

Thanks to these experiences and our passion for pizza, Ffwrnes has grown during the last two years. Now, we have a second van (Sam Van Tan), a part-time locality down the **Depot** in Cardiff, we have won the Best Pizza in Wales award in the Welsh Italian Awards and S4C are following our trip to take part in the World Pizza Championship in Parma. So follow us on Twitter, Instagram and Facebook for news of our journey and the place to come for tasty pizza.





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