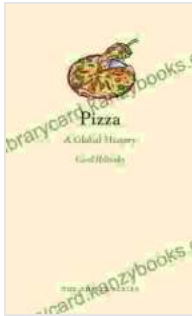


# Pizza: A Global History of the Edible Icon



Pizza is one of the most popular foods in the world, but where did it come from? This book tells the fascinating story of pizza's origins, from its humble beginnings in Naples to its global domination today.

Pizza's history is long and complex, but its origins can be traced back to the ancient Greeks. The Greeks made a flatbread called *plakous*, which was topped with various ingredients such as cheese, herbs, and vegetables. The Romans also made a similar flatbread called *panis focacius*, which was often used as a base for other dishes.



### **Pizza: A Global History (Edible)** by Carol Helstosky

★★★★☆ 4.4 out of 5

Language : English  
File size : 1728 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 144 pages



In the 16th century, the tomato was introduced to Europe from the Americas. This new ingredient quickly became popular in Italy, and it was soon added to pizza. The modern pizza, with its tomato sauce and mozzarella cheese, was born.

Pizza quickly became a popular food in Naples, and it soon spread to other parts of Italy. In the 19th century, Italian immigrants brought pizza to the United States, where it quickly became a favorite food. Today, pizza is enjoyed all over the world, and it is one of the most popular foods in many countries.

### **The Different Types of Pizza**

There are many different types of pizza, but the most popular ones are:

- **Margherita pizza:** This is the classic pizza, with tomato sauce, mozzarella cheese, and basil.
- **Pepperoni pizza:** This is a popular pizza in the United States, with tomato sauce, mozzarella cheese, and pepperoni.
- **Hawaiian pizza:** This is a controversial pizza, with tomato sauce, mozzarella cheese, ham, and pineapple.
- **White pizza:** This is a pizza with no tomato sauce, but with mozzarella cheese and other toppings, such as mushrooms, onions, or sausage.
- **Deep-dish pizza:** This is a thick pizza with a deep crust, often filled with cheese, sauce, and other toppings.

## How to Make Pizza

Making pizza is not difficult, but it does require some practice. Here are the basic steps:

1. Make the dough. There are many different recipes for pizza dough, but the most basic recipe is made with flour, water, yeast, and salt.
2. Roll out the dough. Once the dough is made, it needs to be rolled out into a thin circle.
3. Add the toppings. Once the dough is rolled out, it is time to add the toppings. The most common toppings are tomato sauce, mozzarella cheese, and pepperoni.
4. Bake the pizza. The pizza needs to be baked in a hot oven until the crust is golden brown and the cheese is melted.

## Pizza Today

Pizza is one of the most popular foods in the world, and it is enjoyed by people of all ages. It is a versatile food that can be made with a variety of toppings, and it is a great way to bring people together.

Pizza is also a symbol of Italian culture. It is a food that is loved by Italians all over the world, and it is a reminder of the country's rich culinary heritage.

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