

Self-Study Guide
Introduction – Case Based Cooperative Learning
Case Study – Pizza Burn

Gabriella Cs-Szabo, PhD/Tom Schmid, PhD
Department of Biochemistry
gabriella_cs-szabo@rush.edu/tom_schmid@rush.edu

Learning objectives:

1. To include instructional opportunities for active learning and independent study to foster the skills necessary for lifelong learning using team based learning.
2. To provide students with the opportunity to participate as members of a team to problem solve.
3. To introduce the background information for the Pizza Burn TBL.

Key Words:

Pizza Margherita
Pizza Rules
Pizza Etiquette
Pizza Styles

History of Pizza

The evolution of pizza pie to its present state has taken almost 3000 years. Its origin was around 1000 BC on the Italian peninsula when the ancient Etruscans began baking flat bread beneath stones on a hearth. Herbs, olive oil, and spices were added after the bread was cooked. The bread was used in place of plates and utensils to sop up broth or gravies. This dish was called “picea” meaning “to pick” or “to pluck,” perhaps referring to the act of plucking this bread out of the oven or to picking at it with the hands.

Picea changed very little for centuries until 1522 when tomatoes were brought from Peru in the New World by the Spaniards who then introduced the fruit to Italy. Tomatoes were believed to be poisonous because they belonged to the night shade family. Tomatoes were grown for decoration until peasants in Napoli began adding tomatoes to their everyday cuisine. By the 17th century Italians were adding tomatoes to bread dough.

The next major change to the pizza pie came with the availability of mozzarella cheese; this cheese is made from water buffalo milk and was introduced to Italy in the 17th century. However, the two key ingredients of modern pizza did not meet on a pizza until 1889 when Queen Margherita of Savoy ordered Raffaele Esposito, a Neapolitan pizza chef to make a pizza for a royal party. In an act of patriotism, chef Esposito designed a pizza pie made of ingredients representing the colors of the Italian flag: red tomatoes, white mozzarella cheese, and green basil. The modern pizza pie was born and Napoli was established as the pizza capitol of the world.

Italian Traditional Pizza

The Pizza Margherita may have set the standard, but there are numerous popular varieties of pizza made in Italy today. Pizza from a Pizzeria is the recognized round shape, made to order and always cooked in a wood fired oven.

Italian regional varieties include

- Pizza Marinara with oregano, anchovies and lots of garlic
- Pizza Napoli with tomato, mozzarella and anchovies
- Pizza Capricciosa with mushrooms, prosciutto, artichoke hearts, olives and boiled egg
- Pizza Pugliese with capers and olives
- Pizza Veronese with mushrooms and prosciutto
- Pizza Sicilian with green olives, seafood, hard-boiled eggs and peas
- Quattro Formaggi with fresh mozzarella and local cheeses such as gorgonzola, ricotta and Parmigiano-Reggiano.
- Quattro Stagioni has artichokes, salami or prosciutto cotto, mushrooms, and tomatoes
- Liguria pizza is topped with basil pesto and no tomato sauce

Pizza in the United States

By the beginning of the 1900's pizza had made its way to the inner cities of the United States. An Italian immigrant named Gennaro Lombardi opened the first U.S. pizzeria in New York City. Pizza was introduced to Chicago by a peddler who walked up and down Taylor Street with a metal drum of pizzas on his head, crying his wares at two cents a slice. The drums were copper cylindricals with false bottoms that were packed with charcoal to keep the pizzas hot. Chicago-style deep-dish pizza (a pizza with a flaky

crust that rises an inch or more above the plate and surrounds deep piles of toppings) was created by Ike Sewell in 1943 at his bar and grill called Pizzeria Uno.

The popularity of the pizza was further promoted in the U.S. as American soldiers returned home at the end of World War II and brought the preference for the pizza they had discovered in Italy.

Today pizza has become just as American as baseball and apple pie. Only because of its origins is it considered an Italian dish. Huge U.S. based multi-billion dollar corporations should be thankful for the development along with poor college students who can appreciate the fine dining experience pizza has given them. Pizza is now consumed all over the world, though travelers are often amazed by how different cultures have adapted pizza to their own preferences.

Pizza Rules – Although you may have eaten the average student’s share of pizza, you may not be aware that there are strict rules for pizza construction and consumption.

Today, the Associazione Verace Pizza Napoletana (the Association of True Neapolitan Pizza) maintains strict member guidelines for ingredients, dough, and cooking. This elite organization maintains that pizza dough must be made only with flour, brewer’s yeast, salt and water. Dough must be kneaded by hand or mixers which do not cause the dough to overheat, and the dough must be punched down and shaped by hand. Also, only wood-burning, bell-shaped brick ovens are permitted in pizzerias that belong to this organization. The pizza must be cooked on the surface of the oven (often made of volcanic stone), and not in any pan or container, with oven temperatures reaching at least 400-430° C (750-800° F).

Hot or Cold Pizza

Pizza should be hot when served during dinner or lunch. It is important that the temperature of the pizza is hot enough to have the first few slices stretch to form strings from your plate to the pie. If you are served pizza in which the strings do not form, then you can be assured that the pizza has been sitting too long. However, one should be aware that eating hot cheese or tomato sauce can cause burns in the mouth called “pizza burns”. These burns are generally localized to one spot on the roof of the mouth where the cheese can adhere to the mucous membrane and cause a blister.

Cold Pizza is acceptable during the morning hours and can be a great breakfast.

Cutting Pizza

The minimal number of slices per pizza is four. They should be cut in an even number and sliced in the fashion of spokes of a wheel. Square pizza must be cut into squares or rectangles. A Rotary pizza cutter is the common utensil for cutting pizza since it can cut fast and precisely. If the pizza is cut too slowly, the melting cheese may grab onto the cutter and pull away from the top.

Proper Method to Serve Pizza

Pizza should be served on a plate or napkin. It is not necessary to serve it on fine China since paper plates will suffice. In addition, delivered pizza may be served and eaten right out of its box.

Proper Etiquette For Eating Pizza

The most acceptable way to eat pizza is with your hands. Using a knife and fork shows poor pizza manners.

Pizza should be eaten by the slice. Pizza should never be eaten as a whole uncut pie. The slice should be held carefully by the crusty edge. The first bite should be the point and the last should be the crust. There is a misconception that New Yorkers eat pizza with the slices folded down the center like a taco. This misconception was propagated by Pizza Hut during the promotion of their Big New Yorker pizza. There is no real evidence to merit any truth to this case since people all over the United States have been observed eating pizza in this fashion.

Some people will not eat the crust. There appears to be a growing trend for eaters to leave layers of crust on their plate. Some restaurants have capitalized on this trend by offering pizza with the topping to the edge.

Side Dishes

Pizza is one of the few main courses that require no side dish; however, it is all right to serve salads and other greens (side dishes should be eaten with a fork and not with the hands). The pizza should always be the main course unless pizza is served as an appetizer before an Italian dinner.

Beverages

Below is a list of acceptable beverages when ingesting pizza.

- Soda Pop
- Fruit Juice
- Fruit Punch
- Instant Punch
- Ice Tea
- Beer (warm beer if the pizza is cold is acceptable)
- Red Table Wines (Italian is preferred)
- Water Of course, some people may insist on drinking milk; however, milk is not recommended, especially for those already susceptible to gas and bloating. In addition, you will want to stay away from liquors and tonic water since gas and a hangover provide for a miserable experience, and could quite possibly ruin one's appetite for pizza for life.

Styles of Pizza

- **Traditional Crust Pizza-** The crust is not too thick and not too thin. Usually it is created by rolling the dough into a round circle then topping with sauce and cheese.
- **Deep Dish Pizza** -A thick crust and dense toppings usually characterize deep-dish pizza, also known as pan pizza. One slice might make a meal for many people.
- **New York Style Pizza** -Pizzas from neighborhood pizza parlors in New York tend to be much thinner than their Chicago cousins. Typically the thin crust allows for faster cooking but less dense toppings. The crust is also usually prepared by tossing it up in the air and twirling it.
- **Calzone** -This is basically a stuffed pizza crust. The uncooked crust is filled with traditional topping then folded and baked.

- **Pizza Bread** -Also known as French bread pizza, it is perhaps one of the easiest to make. The French bread loaf is usually sliced down the center into two halves. The sauce, cheese and topping are then added.
- **Bagel Pizza** -Made much like the French bread pizza but with bagel slices.
- **Frozen Pizza** -Popular because of its ease to prepare; this is perfect for the person that hates to cook but wants a cheap and inexpensive pizza.

Resource material:

<http://whatscookingamerica.net/History/Pizza/PizzaHistory.htm>

<http://aboutpizza.com/page.asp?PageID=51>

<http://www.geocities.com/Heartland/Flats/5353/pizza/history.html>

<http://www.pizza.it> (from the Association of True Neapolitan Pizza)

<http://www.lifeinitaly.com/food/pizza-history.asp>