

Class 28 notes

Margherita Pizza is a genuine Italian or Naples-style pizza that is made with tomatoes, mozzarella, basil and extra virgin olive oil. The genuine crust is made with soft wheat flour, yeast, salt and water and is very thin. San Marzano tomatoes are the most famous plum tomato to come out of Italy. They are grown in the rich volcanic soil at the base of Mount Vesuvius, which gives them a sweet flavor and low acidity and they are coveted for their firm pulp, deep red color, easy to remove skin and low seed count.

It was named Margherita Pizza because Queen Margherita of Savoy was visiting Naples and tired of the gourmet French food she'd been served on her trip. She asked the most famous pizza maker in Naples to make her a pizza and the one she liked best was the one with mozzarella, tomatoes and basil which represented the 3 colors of the Italian flag. Esposito, the famous pizza-maker, named the pizza after Queen Margherita. Also, the word "margherita" translates to "daisy" in Italian, and some suggest that the pizza was named for the daisy-shaped arrangement of mozzarella and basil on top.

https://www.huffpost.com/entry/pizza-margherita_n_5aa6abf1e4b009b705d4e994

https://en.wikipedia.org/wiki/Neapolitan_pizza

<https://www.thekitchn.com/whats-the-deal-14-16365>

Sesame seeds are tiny, oil-rich seeds that grow in pods on the *Sesamum indicum* plant.

Sesame seeds are a good source of healthy fats, protein, B vitamins, minerals, fiber, antioxidants, and other beneficial plant compounds.

Regularly eating substantial portions of these seeds — not just an occasional sprinkling on a burger bun — may aid blood sugar control, combat arthritis pain, and lower cholesterol.

<https://www.healthline.com/nutrition/sesame-seeds>

Although often considered a vegetable, **artichokes** (*Cynara cardunculus* var. *scolymus*) are a type of thistle.

This plant originated in the Mediterranean and has been used for centuries for its potential medicinal properties.

Its alleged health benefits include lower blood sugar levels and improved digestion, heart health, and liver health.

Artichokes are low in fat while rich in fiber, vitamins, minerals, and antioxidants. Particularly high in folate and vitamins C and K, they also supply important minerals, such as magnesium, phosphorus, potassium, and iron.

<https://www.healthline.com/nutrition/artichoke-benefits#section1>