

THE PIZZA PRESCRIPTION

HOW WE TURNED A GUILTY PLEASURE
INTO A HEALTHY OBSESSION

C.R.U.S.T. Score

A rubric to help contextualize and quantify different aspects of pizza! We think that by doing this exercise, it can actually enhance the experience of great pizza. It can also help gain a better understanding of why you might **not** be loving a particular pizza. 1 is the worst, 5 is the best!

Cornicione

The “heel” of the crust. Is it soft and chewy? Crispy or crunchy? How is the crumb? This is the purest experience of the crust, so let’s explore it!

Rating

1-5

Ratio

The ratio of the ingredients in each bite. How does it all come together? Is it balanced? Too much sauce? Too little?

Rating

1-5

Undercarriage

Lift up the slice and look at the bottom! Is it golden brown? Does it have “leopard spotting”? Is it pale and doughy?

Rating

1-5

Sauce

Taste the sauce. Herbaceous? Sweet? Salty? Too thin? Too thick? Or juuuuuust right?

Rating

1-5

Toppings

Great toppings can turn a mediocre pizza into a spectacular one... and vice-versa! Are they fresh? Would they stand alone as delicious food? Do they work well with the overall slice?

Rating

1-5

