



Viking Network 14.09. - 2000

**Pizza was Viking Food**  
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# Pizza was Viking Food

**The Viking name for pizza was «brauddiskar»**

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Pizza was Viking Food

Pizza is Norway's oldest bread product and was on the daily menu in the Viking age, claims a Norwegian folklore expert. Old frying pans are evidence for this

Pizza is good, traditional Viking food and was called «brauddiskar» in Snorri Sturlusson's sagas, according to folklore expert Astri Riddervold.

Archaeologists have found many frying pans from the Viking Age and these were used for pizzamaking, Riddervold tells the Newspaper 'Vårt Land'. A disc of bread dough, about 3 millimeter thick, made of barley or oats and water, was fried on the pan. On top of this was put whatever food one had

available. The pizza topping varied from place to place, but fish was plentiful and used everywhere, Riddervold says. Pizza has been temporarily absent from the Viking world for several centuries, mainly because of the water mill, coming into use in the 14th century. Until then the farmer's wife had had full control of grain storage on the farm. She measured out what was needed for the day and used the hand-mill or quern to produce the necessary amount of flour. But with the new, more efficient type of mill the former simple method of producing limited amounts of flour became redundant. Flour is not as easy to store as grain and this is why flatbread, with a longer shelf-life, came into use, the folklore-expert concludes.

(From the Norwegian newspaper 'Nettavisen' 31 aug 1998 654)

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