

EASY Gluten Free PIZZA

(vegan, FODMAP friendly)



Your 'handling' time: 15 minutes



Cook Time: 20-30mins



Serving: 4-6 pizza

Ingredients

SMALL FAMILY

330g	500g	water, warm
½	1	packet active dry yeast
330g	500g	WS GF Flour
2tbs	3tbs	extra virgin olive oil
1tbs	1.5tbs	apple cider vinegar
1tsp	1.5tsp	raw sugar or rice malt (optional)

1tbs is 15 ml



Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (10mins), scrape down the sides regularly.
- Let the dough stand for 15 mins to thicken.
- Shape the dough into a ball and let rise in a covered bowl or container for a further 30-45mins or alternatively: you can keep the dough in the fridge for up to 12hrs (thaw 1hr prior to use)
- When you are ready, **preheat your oven to 250C** on pizza setting or fan-forced
- Divide the dough into 150-200g portions and shape into balls
- Dip or dust the dough balls generously with rice flour.
- Using a rolling pin, roll one dough ball to a thickness of 2-3mm in between two sheets of baking paper
- Peel the top sheet of baking paper
- Add your desired topping, do not add too much wet ingredients as this will make for a soggy pizza
- Bake your pizza in your preheated oven for 20-30mins or until golden brown

DOUGH CAN BE PREPARED: few hours or overnight and kept in the fridge

Pizza Bianca: Mist or drizzle your rolled pizza dough with extra virgin olive oil, scatter some chopped rosemary and sea salt flakes.

FREEZER friendly PIZZA: Cooked pizza can be frozen and without thawing, it can then be topped and baked, making it very convenient to have in your freezer. Baking time will be 5-10mins longer than fresh pizza dough.

EASY Gluten Free SOURDOUGH PIZZA

(vegan, FODMAP friendly)



Your 'handling' time: 15 minutes



Cook Time: 20-30mins



Serving: 4-6 pizza

Ingredients

SMALL FAMILY

330g 500g water, warm

50g 80g gluten free sourdough starter
(active, 1 flour to 1 water)

330g 500g Wild Sourdough Gluten Free
Flour

2tbs 3tbs extra virgin olive oil

1tsp 1.5tsp raw sugar or rice malt
(optional)

1tbs is 15 ml



Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (10mins), scrape down the sides regularly.
- Let the dough stand for 15 mins to thicken.
- Shape the dough into a ball and let rise in a covered bowl or container for a further 2-3hours or alternatively: you can keep the dough in the fridge for up to 24hrs (thaw 1hr prior to use)
- When you are ready, **preheat your oven to 250C** on pizza setting or fan-forced
- Divide the dough into 150-200g portions and shape into balls
- Dip or dust the dough balls generously with rice flour.
- Using a rolling pin, roll one dough ball to a thickness of 2-3mm in between two sheets of baking paper
- Peel the top sheet of baking paper
- Add your desired topping, do not add too much wet ingredients as this will make for a soggy pizza
- Bake your pizza in your preheated oven for 20-30mins or until golden brown

DOUGH CAN BE PREPARED: few hours or overnight and kept in the fridge

Pizza Bianca: Mist or drizzle your rolled pizza dough with extra virgin olive oil, scatter some chopped rosemary and sea salt flakes.

FREEZER friendly PIZZA: Cooked pizza can be frozen and without thawing, it can then be topped and baked, making it very convenient to have in your freezer. Baking time will be 5-10mins longer than fresh pizza dough.