



GLUTEN & DAIRY FREE PIZZA CRUST

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EACH BATCH MAKES TWO 13" TO 15" PIZZA CRUSTS, 4 10" PIZZAS OR 6 INDIVIDUAL PIZZAS. THIS RECIPE WORKS BEST IF YOU ONLY MAKE DOUBLE BATCHES (INSTEAD OF A X4 BATCH FOR EXAMPLE, MAKE 2 X2 BATCHES).

INGREDIENTS	X1	X2	X3	X4
Brown Rice Flour	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Amaranth flour	1/2 cup	1 cup	1 1/2 cups	2 cups
Tapioca flour	2 cups	4 cups	6 cups	8 cups
Xanthan gum or Guar gum	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Salt	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Active dry yeast (no need to multiply yeast)	2 tablespoons	2 tablespoons	2 tablespoons	2 tablespoons
Sugar, or sweetener of choice	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Warm water (105-115 F)	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Olive oil	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup
Egg whites at room temperature (or replace each egg white with 1/2 T ground golden flax cooked with 1 1/2 T water until thick)	4	8	12	16
More olive oil for spreading dough	as needed	as needed	as needed	as needed

Oil two 13-inch pizza pans or baking sheets per batch, using olive oil. In the bowl of a stand mixer, combine the flours, xanthan gum, salt, yeast, and sugar. In a measuring cup, combine the water and olive oil. Add olive oil-water mixture to dry ingredients, then egg whites, mixing well after each addition. Beat on high speed for 4 minutes.

Divide dough into two (four or six) equal portions per batch. Place each portion on a prepared pizza pan. Drizzle about a tablespoon of olive oil over your hand and one portion of dough. I usually pat the dough back and forth in my hand until rounded.

Spread the dough out evenly over the pizza pan, forming a ridge around the edge to contain the pizza toppings. Repeat process for remainder of dough.

Place flattened crust into the coldest area of freezer without toppings, or top with pizza toppings and then freeze. When pizza crusts are firm, wrap well, removing as much air as possible, label and freeze.

Tip: Use disposable 13" catering trays from the local party supply store to support pizza crust from cracking in the freezer. Line tray with oiled parchment before spreading out dough. When frozen, wrap tray and crust together. Do not bake on the tray, but slide the parchment onto a baking sheet or pizza stone. I wash the trays and reuse during my next mini pizza freezer session.

To serve: Place pizza crust on oiled baking sheet. Top with desired toppings and place in and unheated oven. Turn the oven on to 400 degrees F and bake for about 20 minutes or until crust is golden and pizza is cooked through.