

# Friday: Gluten Free Pizza

Serves 4-6

## Ingredients:

- 2-1/2 cups gluten free baking flour blend WITH binder, Schar Mix It! Universal Gluten Free Flour Blend recommended
- 7g packet quick rise instant yeast, Red Star recommended
- 1 Tablespoon gluten free baking powder
- 1 Tablespoon sugar
- 1 teaspoon salt
- 1-1/2 cups water
- 1/2 cup extra virgin olive oil
- 1 - 2 cups gluten free pizza sauce
- 8oz shredded pizza-blend OR mozzarella cheese
- Toppings: pepperoni, cooked italian sausage, sliced black olives, green peppers, etc.



## Directions:

1. Move your oven rack to the bottom position then preheat the oven to 100 degrees using the bread proofing / warming setting. If your oven doesn't have a bread proofing setting, heat the oven to 100 degrees then turn it off (see notes if your oven doesn't display what temperature it's at while preheating).
2. Add the gluten free flour blend, instant yeast, baking powder, sugar, and salt to the bowl of an electric stand mixer, or a large glass bowl if using a hand-held mixer, then mix on low to combine. Note: if you're using a hand-held mixer, use a whisk to combine the dry ingredients so they don't fly everywhere.
3. Add the water to a microwave safe dish then heat for 50-55 seconds. Stir then take a temperature with an instant read thermometer – we're looking for 110 degrees. Pour the

## Directions (cont.):

water into the dry ingredients in the mixing bowl then beat on medium speed until well combined. Let the dough rest for 1 minute then add extra virgin olive oil and beat on low speed until just combined. Turn speed up to medium then beat for 1 minute. The dough will be very thick and sticky – that’s ok! Use a spatula to scrape down the sides of the bowl and give the dough a big stir to ensure the ingredients are well combined. Cover the bowl with a tea towel then place inside the warm oven and let rise for 30 minutes.

4. After 30 minutes, remove the bowl from the oven, place the oven rack into the center position, then raise the temperature of the oven to 425 degrees.
5. Line a rimmed half sheet pan with parchment paper then scrape the dough into the center.
6. Spray the dough and your hands generously with nonstick spray then use your fingertips to spread the dough out to the edges of the sheet pan, adding more nonstick spray to the dough and/or your hands as needed.
7. Once the oven has reached 425 degrees, bake the crust for 13-15 minutes or until it's evenly browned all over – don't underbake.
8. Spread desired amount of pizza sauce evenly over the crust then top with shredded cheese and toppings. Bake for another 10-12 minutes or until the cheese is golden brown and the toppings are hot. Slice into squares then serve.
9. [Watch how to make this on YouTube!](#)

## Recipe Notes:

- Optional toppings are not in the shopping list, so decide on what you want to top these bowls with before grocery shopping!
- If your oven doesn't tell you what temperature it's at while preheating, find a warm place in your home, or place the bowl of dough over a heating pad to rise.
- A note on gluten free flour blends: Your gluten free pizza dough consistency will be different depending on what brand of gluten free flour you use. For example, when Bob's Red Mill Gluten Free 1-to-1 is used, the dough is almost a soupy consistency that you will need to spread onto the sheet pan with an offset spatula. Different flour blends will still work, but the Schar Mix It! Universal flour produces the lightest, fluffiest results. I do not recommend Pamela's Gluten Free Baking Flour.



## Side Dish Suggestions:

- I like to keep Friday night easy by pairing this dish with a fresh side salad with mixed greens, grated carrots, and chopped cucumbers. Or, fresh crudite (carrots, cucumbers, peppers, etc.) served with [homemade ranch](#) or your favorite store-bought ranch dressing.

## Product Recommendations:

- I really love [Schar Mix It! Universal](#) flour blend for this recipe if you can find it!