

Recipes from Gluten Free Cooking School's “Gluten Free Pizza: Thin Crust to Deep Dish” class

Gluten Free Pizza Crust Recipe: Pat in the Pan Pizza

(Yield: Enough pizza for two adults, if your goal is to be very full. This may be enough for three or four if you're serving salad as well)

300 g (1 1/3 c) water	1/2 tsp. fennel seed
10 g (1 Tbsp) Rapid Rise yeast	1/2 tsp. rosemary (dried and crushed)
4 g (1 tsp) sugar	1/2 tsp. garlic powder
210 g (1 1/3 c) brown rice flour	1/2 tsp. Oregano
130 g (1 c) corn starch	6 g (2 tsp) olive oil
6 g (2 tsp) xanthan gum	7 g (2 tsp) cider vinegar
6 g (1 tsp) salt	

Pizza Sauce

1 14.5 oz can petite diced tomatoes	1/2 tsp. fennel seed
1/2 of a 6 oz. can of tomato paste	1/2 tsp. rosemary
1/2 tsp. oregano	6 fresh basil leaves, minced
1/2 tsp. garlic powder	sugar to taste (optional)

Sauce Directions:

Combine the tomatoes, tomato paste and spices in a saucepan and heat over medium low. The sauce should simmer while you make the crust and prepare the toppings. Add the basil when you put the pizza crusts into the oven the first time. Add sugar to taste, if the sauce is more tart than you like.

Crust Directions:

Preheat the oven to 400 degrees. Combine the water, sugar and yeast in a small mixing bowl and set it aside to proof.

Combine the brown rice flour, corn starch, xanthan gum and spices in a larger mixing bowl. Add the oil and vinegar to the yeast mixture and then pour all of that into the flour mixture. Mix the dough until it is smooth. The dough will be somewhat sticky, so sprinkle some extra rice flour on it. Form the dough into a ball and let it rest for 5 minutes.

Grease and flour 2 nine-inch cake pans (square or round). Split the dough into two pieces and place one into each pan. Starting from the middle of the dough, use your fingers to press down on the dough and spread it out towards the edges of the pan. I usually work my way from the center to the edges in a circular pattern. When you get the dough to the edges, continue to push the dough up onto the side of the pan, so that you will have a nice crust.

Bake the crusts for 8 minutes and then remove them from the oven. Drizzle a small amount of olive oil onto your crusts and spread it evenly with the back of a spoon. Add the toppings, starting with the pizza sauce and ending with the cheese.

Bake the pizza for an additional 10 – 15 minutes, until the cheese has browned to your liking.

Gluten Free Pizza Crust Recipe – Traditional Crust

If you want to replicate delivery-style pizza, this is the pizza crust to start with. I've included ingredient amounts for medium or large style pizzas, so that you can choose the right amount for your family and your pizza stone.

Gluten Free Pizza Crust(2 medium pizzas)

10 g (1 Tbsp) Rapid Rise yeast	6 g (2 tsp) xanthan gum
300 g (1 1/3 c) water	6 g (1 tsp) salt
4 g (1 tsp) sugar	6 g (2 tsp) olive oil
300 g (2 1/3 c) Mary's Gluten Free Flour Mix	7 g (2 tsp) cider vinegar

Gluten Free Pizza Crust(2 large pizzas)

20 g (2 Tbsp) Rapid Rise yeast	12 g (4 tsp) xanthan gum
600 g (2 2/3 c) water	12 g (2 tsp) salt
8 g (2 tsp) sugar	12 g (4 tsp) olive oil
600 g (4 2/3 c) Mary's Gluten Free Flour Mix	15 g (4 tsp) cider vinegar

Note: If you're weighing your flour, then use 340 grams for the medium pizzas and 680 grams for the large pizzas.

Mary's Gluten Free Flour Mix

This will make enough flour for the large pizza recipe, or two batch of the medium pizza.

250 g brown rice flour
233 g corn starch or tapioca flour
131 g sorghum flour or garfava flour
66 g masa harina

Cooking Instructions:

Put your pizza stone into the oven and preheat the oven to 500 degrees. Combine water with the sugar and yeast in a small mixing bowl. Let your liquid mixture sit and “proof” while you get the dry ingredients ready.

Combine the flour mix, salt and xanthan gum. Add the oil and vinegar to the yeast mixture, which should have some air bubbles by now. Then add all of liquid ingredients into the flour mixture and mix well.

Place the dough onto a heavily floured rolling board (I use rice flour) and knead the dough a few times, working in the rice flour until you dough is pliable and not sticky. Separate the dough into halves and roll one half out into a circle that is approximately 1/8 thick. Curl your hand into a fist and then use your thumb and the side of your first finger to pinch up a raise crust. Move the crust to the hot pizza stone and bake at 500 degrees until the top of the crust gets just a hint of color.

Remove the crust from the oven. Add all of your toppings, and then put back in the oven to bake until your toppings look well done (e.g. cheese starts to brown). Repeat from step 6 for the 2nd half of dough.

Gluten Free Pizza Crust Recipe – St. Louis Style Thin Crust

St. Louis Style Pizza is a crisp, but also tender, thin-crust pizza that is traditionally cut into squares. The crust is leavened with baking powder instead of yeast, so it's perfect for those of you who need to be gluten free and yeast free. St. Louisans top their pizza with Provel cheese, which is generally only available in the St. Louis area.

This recipe is a gluten free adaptation of a Cook's Illustrated recipe.

Dough:

255 g (2 c) Mary's GF Flour Mix	5 g (1 tsp) baking powder
16 g (2 Tbsp) cornstarch	6 g (1 tsp) salt
6 g (2 tsp) xanthan gum	255 g (1 1/8 c) water
8 g (2 tsp.) sugar	18 g (2 Tbsp) olive oil

Sauce:

8 oz. tomato sauce	1 Tbsp. sugar
3 Tbsp. tomato paste	2 tsp. oregano

Whisk the sauce ingredients together in a small bowl and set aside.

Move one of the racks to the next to lowest position in your oven and place a pizza stone on the rack. Preheat your oven to 500 degrees F.

For the crust, combine the flour, cornstarch, salt, sugar and baking powder in a large bowl. Add the water and oil and stir until the dough starts to come together. Turn the dough out onto a floured surface and knead a few times until the dough is smooth and pliable.

Divide the dough into two equal pieces. Roll out one piece of dough into a 12" circle and move it to the hot pizza stone or baking sheet. Bake the crust for a few minutes until it is very slightly browned. Remove the crust from the oven. Top with sauce and cheese and then put it back into the oven to bake until the cheese has browned on top.

Gluten Free Pizza Crust Recipe – Chicago Style Deep Dish

You'll need some extra tools to make this pizza – aluminum foil, cooking spray, and either a spatula, basting brush, or large spoon. This dough is really soft, and very hard to manipulate. All of the tools above will make it easier (as you'll see in the accompany video which I HIGHLY recommend that you watch) but this is not a recipe for beginners.

This recipes is a gluten free adaptation of the Chicago Deep Dish pizza in the January 2010 issue of Cook's Illustrated.

Dough

415 g (3.25 cups) Mary's Gluten Free Flour	9 g (1 1/2 tsp) salt
Mix	510 g (2 1/4 c)water
85 g (1/2 cup) gluten free cornmeal	18 g (2 Tbsp) oil
6 g (2 tsp) xanthan gum	40 g (3 Tbsp) butter, melted
10 g (2 1/4 tsp) rapid-rise yeast	55 g (4 Tbsp) butter, softened
8 g (2 tsp) sugar	

Sauce

2 - 8 oz. diced tomatoes, drained	2 tsp. Oregano
3 Tbsp. tomato paste	6 g (1 tsp) salt
12 g (1 Tbsp) sugar	

Toppings

450 g (1 lb) mozzarella, shredded	1/4 c. grate Parmesan cheese
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Sauce Instructions: Combine all of the sauce ingredients into a medium-size pot over medium heat. Once the sauce is bubbling use a stick blender to puree part of the tomatoes. (Alternatively, remove half of the sauce to a blender or food processor, give it a whiz, and then return this sauce to the pot).

Dough Instructions:

Mix flour, cornmeal, salt, sugar, and yeast in bowl in a large mixing bowl. Add water, melted butter, and 2 Tbsp oil and mix with a hand mixer or stand mixer for 3 – 4 minutes. The dough will be very soft – much like gluten free bread dough. Be sure to watch the video to see the actual consistency in case you need to adjust the amount of water.

Transfer the dough to an oiled bowl; cover with Saran wrap; and let rise on the countertop for approximately 1 hour.

Now, cover your rolling area with aluminum foil and spray the foil with cooking spray (make sure it's GF). Turn the dough out onto this surface and then roll it into 15- by 12-inch rectangle using a rolling pin (or your hands if necessary). Spread the softened butter over the surface of the dough, leaving a 1/2-inch border along the edges.

Now, roll the dough into a tight cylinder. With the seam side down, flatten the cylinder into a 18- by 4-inch rectangle and then cut the rectangle in half crosswise. Take half the dough and fold it into thirds and then pinch the seams together to form a ball. Repeat with the remaining half.

Return the dough balls to the oiled bowl and cover tightly with plastic wrap. Put the dough in the refrigerator to rise for another hour.

Coat two 9-inch round cake pans with 2 tablespoons olive oil each. Slide a dough ball out of the oiled bowl and into one of the pans. Lightly press dough into pan, working into corners and 1 inch up sides. Repeat with the remaining dough ball.

For each pizza, sprinkle 2 cups mozzarella evenly over surface of dough. Spread 1 1/4 cups tomato sauce over cheese and sprinkle 2 tablespoons Parmesan over sauce. Bake until crust is golden brown, 20 to 30 minutes. Remove pizza from the oven and let the pizza rest for 10 minutes before slicing and serving.

Sauce Instructions: Combine all of the sauce ingredients into a medium-size pot over medium heat. Once the sauce is bubbling use a stick blender to puree part of the tomatoes. (Alternatively, remove half of the sauce to a blender or food processor, give it a whiz, and then return this sauce to the pot).