

GF VEGAN PIZZA CRUSTS

(bread machine or traditional method)

2 pizza stones are needed

mix in a large bowl and set aside	2.5 Tbsp ground flax 1-1/4 Tbsp psyllium husk 1 cup less 1 Tbsp
whisk together dry ingredients and set aside	2 tsp active dry yeast 1/4 cup + 2.5 Tbsp buckwheat flour 3.5 Tbsp teff flour 1-1/2 cups oat flour 1/4 cup + 2.5 Tbsp white rice flour 3.5 Tbsp potato or corn starch 2-1/4 tsp guar gum 1-1/4 tsp salt 3 Tbsp sugar
whisk into the flax mixture	2.5 Tbsp olive oil 3/4 tsp cider vinegar 1 cup + 3 oz water

BREAD MACHINE method

Pour the wet ingredients into the bread maker container

Add the dry ingredients on top

Place the container into the bread maker

Set to the Whole Wheat Bread setting (#6)

If possible, scrape down the dough from the sides of the container in the first kneading

For pizza dough, follow the instructions above but unplug the machine after the first rising (after **2 hours**)

Proceed as per below...

TRADITIONAL method

Add the dry ingredients to the wet mixture and mix.

Cover the bowl with a lid or tea towel and place in a warm place. (I use a heating pad) Allow to rise for **2 hours**. Proceed as per below...

THEN... (final steps for both methods)

1 Put a large piece of parchment paper on one of the pizza stones and spread some rice flour on it.

Divide the dough in half.

2 Flour your hands and scrape out one half of the dough on the parchment-covered stone. Use your hands to gently spread the dough out into a circle. Then use a flour-covered rolling pin to roll the crust nice and thin, to the edges of the stone if possible. Keep flouring the top of the crust to prevent sticking.

3 Repeat with the second pizza stone, a second piece of parchment paper and the remaining dough. Place the two pizza crusts with the stones in a warm place to rise for **1 hour**. (eg. warm the oven to about 85° F. **Turn off** the oven, put the crusts into the oven and close the door)

4 After an hour, remove the crusts from the oven and slide them off the pizza stones, parchment paper and all, onto a flat surface.

5 Put the bare pizza stones back in the oven and turn it to 475° F. When the oven is hot, slide the crusts and parchment back onto the stones and bake for 10 minutes.

6 Remove from oven, slide the crusts off the pizza stones and put the pizza stones back in the oven. Remove the parchment paper, add your toppings to the crusts and put the pizzas (without the parchment) back on the hot pizza stones. Bake at 475° for 7 – 10 minutes