Posted on 28 November 2012

by ewfood

GF Pizza Crust



Ingredients

12fl oz. warm water
½ tsp. brown sugar
1 pack gluten-free Rapid Rise yeast
½ tsp. Gelatin
1 tsp. salt
2 ¾ tsp. guar gum
1oz. tapioca starch
13oz. Brown Rice Flour
1oz. potato starch
2 tablespoons olive oil

Preparation

1. Dissolve the sugar into ½ cup of warm water, add the yeast and set aside.
2. Mix together the dry ingredients and set aside. In a separate bowl whisk 1 cup of water and the olive oil. Slowly add the dry ingredients and the yeast mixture in increments until a ball of dough is formed.
3. Remove the dough from the bowl and place on a floured surface and knead until it is no longer sticky adding more flour as you knead. Place into a lightly greased mixing bowl cover with plastic wrap and let rest for 1 hour. Preheat the oven to 200°C. Roll the dough out with a rolling pin and prick it with a fork in a few strategic places. Bake for 5 minutes. Remove from the oven, add the toppings of your choice and enjoy.

Cooks Note