

PIZZA CRUST (SURETALENT-BOOKS.COM SAMPLE)

IF THERE IS ONE GLUTEN-FREE RECIPE NEARLY EVERYONE CAN APPRECIATE, IT IS A GREAT TASTING PIZZA CRUST.

INGREDIENTS

- 1 Egg
- 6 Tablespoons Olive Oil (reserve two tablespoons)
- 1 Teaspoon Sugar
- Dash Yeast (just for flavor)
- 1 Teaspoon Baking Powder
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- ¼ Teaspoon Black Pepper
- ⅓ Cup Grated Parmesan Cheese
- ½ Cup Milk
- ¼ Cup Glutinous Rice Flour
- 1 Cup White Rice Flour
- 2 Tablespoons Water
- 2 Teaspoons Yellow Corn Meal (reserve)

Toppings — store purchased pizza sauce, onions, garlic, red/green peppers, basil, cheese (Parmesan, smoked hot pepper cheese, provolone, etc).

YIELD

Two 8-9" pizzas.

BAKER'S TIP

Best when fried in cast iron skillet.

- 1** In a large bowl, slightly beat egg.
- 2** Add four tablespoons of the olive oil, sugar, yeast, baking powder, garlic powder, onion powder and black pepper; mix. Add Parmesan cheese and milk; mix.
- 3** Add glutinous rice flour and white rice flour; mix. Add water; mix. Batter should be the consistency of a thick pancake batter. Add more water if needed to achieve desired consistency.
- 4** Heat oven to 400°.
- 5** Add one tablespoon olive oil to each 8" cast iron skillet. Heat skillets on stovetop.
- 6** Split the batter between two heated 8" cast iron skillets. Cook on low heat until bubbles start to form on top of dough (see below left).
- 7** Sprinkle a teaspoon of corn meal over surface and flip to expose cooked side (see below). Cook on low for a few minutes while pizza sauce, cheese and toppings are added to top. Adjust temperature to prevent burning.
- 8** Once all toppings are added, place in 400° oven for approximately 15 minutes.



Preview

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