

## Gluten-Free Pizza Crust

Warning: Gluten-free recipes are often more difficult than standard ones. This is a very do-able crust and it tastes really good, but it's helpful if you follow the tricks included in this recipe to make your life easier.

This takes all of 15 minutes to throw together. It should sit for at least an hour to let the yeast do their thing. You can also make it the night before or the morning before and put it in the refrigerator. If so, take it out 30-60 minutes before you're ready to bake or grill.

The dough does not handle like standard pizza dough. It's stickier and because there is no gluten, it doesn't hold together like standard dough. Don't even try to spin this in the air like you're on some Food Network reality show.

I get my corn meal on a once/year pilgrimage to the Old Wye Mill on the Eastern Shore. They grind their corn in the original mill from the 1700's using the adjacent stream and paddle wheel to power the huge stone mill. It's worth a trip!

If you intend to do gluten-free baking, I strongly recommend that you get a digital kitchen scale. Gluten-free flour is often denser than wheat flour. Your recipes will turn out much better if you weigh your flour than if you try to measure it by volume. Because of that, I'm giving you the flour measurement in grams and not cups.

There is enough to divide the dough into 4 parts so 4 people can each make their own pizza.

1 envelope or 4 tsp of dry yeast

4 tsp of sugar

1 2/3 cp water

420g gluten-free flour (the best one I've found is Namaste All-Purpose Blend-available on Amazon)

½ cp corn meal

4 tbsp olive oil

1 tsp salt

1 tbsp minced fresh rosemary or ½ tbsp dried Italian herbs (basil, rosemary, oregano)

Microwave the water (~1 minute in my microwave) until it is about 105 degrees F. Add it to a mixing bowl with the yeast and sugar. Let the yeast activate for 10 minutes. Add the remaining ingredients. Knead for 2 minutes using a stand mixer's hook (best to do it this way) or, if you want to get some aggression out, knead it by hand, but beware that it's sticky. Cover with plastic wrap and let it sit for about an hour. Prepare your pizza topping while you wait.

Punch down the dough (fun in the kitchen!). If grilling, put each piece of dough on the **parchment side of a piece of Reynold's Pan Lining Paper**. The other side of the paper is aluminum foil and holds up well on the grill. If you're using the oven,

plain pieces of parchment paper are fine. Use some tapioca starch if the dough's too sticky to flatten out. I've found it easier to use my hands for this instead of a rolling pin.

Preheat the grill or oven. If you use a grill, get the grill hot, then lower the temperature as much as you can just before you put the dough on the grates. (Oven at 450-500 degrees and best with a pizza stone.) Cook on the grill for ~2 minutes and pull off. The bottom of the crust should be lightly toasted. Flip the crusts grilled side UP on the lining paper and put your toppings on. Put them back on the grill for 6-7 minutes at low temperature so the crust doesn't burn, but the toppings and cheese cook.

Possible toppings:

Basil Pesto (see separate recipe) or tomato sauce

Frozen, chopped spinach- thaw it, but no need to cook it. Great with pesto

Snap peas

Sliced tomato

Roasted red or yellow bell pepper

Sun-dried tomato- cut into fairly large pieces for best flavor

Garlic- sauté it in ¼ cup of olive oil with crushed red pepper and spoon it over your creation before the cheese goes on

Artichoke hearts

Chicken any way you like it

Sausage

Shrimp, oysters, or anything you're brave enough to experiment with

...you get the idea, whatever looks good at the farmers market, produce aisle, or meat counter, give it a try. Be reasonable with ingredients that are higher in calories and salt like sausage, ham, and cheese. Pizza makes a great leftover later in the week, so don't feel like you have to finish it all at one meal.