

Gluten-Free Frozen Pizza Dough recipe

Makes 2 large or 3 medium pizzas

1 pizza dough ball (400 grams)

Tomato sauce (add a pinch of two of dried oregano and garlic powder, a swirl of olive oil and pinch of salt to a basic sauce for extra flavor!

Shredded mozzarella (use a plant based for a vegan or dairy-free option)

Toppings like pepperoni, thinly sliced onions, olives, fresh spinach, or cooked, diced chicken

White rice or gluten free flour for rolling

Optional: Cornmeal for baking

1. Thaw dough in fridge overnight or for about 6 hours in fridge. You don't need to use all of the dough at once but use within 3-4 days of thawing.
2. Remove dough ball (or the amount you want to use) from fridge 2 hours before you want to start to bring to room temperature, keeping covered. It's best to be placed in a warm part of your kitchen. When you are ready to make the pizza, dough should not feel cold. If it's cold, it will be hard to roll.
3. Preheat oven to 475F-500F about 20 minutes before the dough has finished coming to room temp. Prepare parchment paper; one or two 12", or three pieces about 10".
4. Separate dough either in half or three pieces to make either 2 large or 3 medium pizzas.
5. Place a tablespoon or so of gluten-free flour (for example, rice or tapioca) on the counter and spread out. Place portioned out, room temperature dough on top.
6. Roll out dough, flipping over a few times and adding more flour if sticking. 1 large ball will roll out to about 12"; medium to 8-9".
7. Optionally place cornmeal on parchment for a crispy crust. Place pizza dough on top of parchment. Fold the edges over to make a crust. Prick the center of the dough with a fork to prevent puffing. Place dough and parchment on top of a pan or slide onto a preheated pizza stone.
8. Par-bake about 5-7 minutes or until golden on the edges.
9. Remove from oven and add sauce, cheese, and toppings.
10. Place back in the oven for 8-10 minutes or until bottom is crisp, crust is brown, and cheese is melted. Enjoy!

Other ideas for your thawed and room temp pizza dough:

Flatbread/Garlic Naan-Portion 80gm pieces (a small handful) of dough. With oiled hands, flatten out to slightly larger than palm sized in an oval shape. Heat a cast iron or non-stick skillet to medium high with a few teaspoons of high heat oil (I use olive). Once hot, place shaped dough in pan. I usually cook 3 at a time. Cook about 2-3 minutes per side, adding more oil if needed, until golden. For garlic naan, once all flatbread is cooked, add 1 tablespoon of olive oil and 1-2 teaspoons of minced garlic over medium heat. Cook until fragrant and just turning golden, being careful not to burn. Brush over flatbread and serve.

Calzone-Follow directions for pizza above but using smaller amount of dough. Each calzone should roll out to about 6" diameter. On one side, place a thin layer of tomato sauce, leaving at least a 1/2" border. Add about 1/4 cup of shredded cheese and a filling like sliced pepperoni or some veggies, being careful to not overfill. Wet edges. Fold other side of dough over to make a half moon shape. Fold edge over or use a fork to seal. Place on a parchment lined pan and prick the center with a fork a few times to allow steam to escape. Let rise for 30 minutes while oven heats. Heat oven to 425F. Brush calzone with a teaspoon of olive oil. Bake 15-20 minutes or until golden brown. Allow to cool slightly before eating.