

Gluten Free Pizza

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the tomato sauce:

4 teaspoons extra virgin olive oil
2 cloves garlic, minced
1-15 ounce can crushed tomatoes with puree
¼ teaspoon dried oregano
½ teaspoon sugar
½ teaspoon Kosher sea salt

For the pizza crust:

¾ cup tapioca flour
½ cup white rice flour
⅓ cup chickpea flour
⅓ cup sorghum flour
1 teaspoon xanthum gum
1 teaspoon kosher salt
½ cup whole milk
¼ cup water
2 ¼ teaspoons active dry yeast, from 1 package
2 teaspoons sugar
2 large egg whites, lightly beaten
3 tablespoons plus 1 teaspoon extra virgin olive oil

Optional toppings:

8 ounces fresh mozzarella, coarsely grated
¼ cup Parmegiano Reggiano, finely grated
4 large fresh basil leaves, roughly torn
Mushrooms, sliced
Red or white onion

Method of Preparation:

For the tomato sauce:

1. Heat olive oil in a four-quart saucepan over low heat. Add garlic and cook for about one minute. Add tomatoes and oregano. Bring to a simmer. Stir occasionally, 20 to 25 minutes. Stir in sugar and salt. Cover and set aside or refrigerate for up to 5 days.

For pizza dough:

1. Preheat oven to 400 degrees.
2. In an electric mixer, whisk together tapioca flour, white rice flour, chickpea flour, sorghum flour, xanthum gum and salt.
3. In a small saucepan over moderate heat, stir together milk and water and heat until warm, about one minute. Stir in yeast and sugar. Using paddle attachment, add milk-yeast mixture, egg whites, and two tablespoons oil to dry ingredients, beat at medium speed until dough is smooth and thick, about five minutes.
4. Set pizza stone or heavy backing sheet towards the bottom of the preheated oven.



5. Separate dough in half and form into two balls. Coat each ball with two teaspoons oil and pat and stretch each ball into a nine-inch diameter, quarter-inch thick, and half-inch thick border. Loosely cover rounds with plastic wrap and let rise in a warm, dry place until about 10 inches in diameter for about 20 minutes.
6. Place parchment underneath each round, transfer crust to preheated pizza stone and bake until top is puffed and firm, bottom crisp, 5-10 minutes. Remove from oven and transfer to a rack to cool.
7. Preheat broiler.
8. Transfer crust to baking sheet and brush its surface with olive oil, then spoon on sauce, sprinkle with mozzarella and Parmigiano and other desired toppings. Drizzle with more olive oil.
9. Broil pizzas, rotating as begin to brown, until cheese is bubbly and crust is golden, 4-8 minutes. Toss basil on top, slice and serve.

Nutritional Analysis:

Calories: 637

Carbohydrates: 64 g

Sodium: 1,443 mg

Protein: 25 g

Fat: 31 g

Fiber: 6 g