



GlutenFree Pizza Crust or Flatbread

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

1 hr

Description

This glutenfree flatbread recipe is for a crust that can be used for pizza or flatbreads After two years of cutting gluten out of my diet this is the best pizza crust recipe I have based on trial and error My kids say this is better than our homemade wheat flour crusts

Ingredients

— - 1 cup very warm water - ½ teaspoon white sugar - 2 teaspoons yeast - 2 cups gluten-free flour blend - ½ cup rice flour - 1 tablespoon Italian seasoning - 1 teaspoon xanthan gum - 1 teaspoon unflavored gelatin powder - ½ teaspoon salt - 3 tablespoons apple cider vinegar - 3 tablespoons olive oil

Instructions

1. Whisk water and sugar together in a bowl. Whisk in yeast. Let stand until yeast softens and begins to form a creamy foam
2. about 10 minutes. Preheat the oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper. Combine gluten-free flour
3. rice flour
4. Italian seasoning
5. xanthan gum
6. gelatin
7. and salt in the bowl of a stand mixer fitted with the paddle attachment. Whisk vinegar and olive oil into yeast mixture; pour over flour mixture. Mix on high speed until a wet
8. sticky dough forms
9. about 6 minutes. Transfer dough to the prepared baking sheet. Lay another sheet of parchment paper on top; smooth out dough to fill the baking sheet. Let dough rest
10. about 10 minutes. Bake in the preheated oven until dough puffs up
11. 5 to 10 minutes. Peel parchment paper off the top. Continue baking until dough is golden brown and edges are cooked through
12. about 20 minutes. Tips Use any kind of herbs you like. After baking
13. add whatever toppings and cheese you like and return to the oven until the toppings are heated through and cheese melts.