GLUTEN FREE SOURDOUGH PIZZA

Pizza Dough Stats

Total Dough Weight: **1,163 grams**
Makes: **3 large - 380 grams / 6 small - 190 grams**
Hydration: **106%** Skill Level: **Medium**

STEP 1 - Prepare Levain

4-8 hours in advance, prepare your levain.

1. In a jar, add 130 grams of water
2. Add 40 grams of your sourdough starter
3. Add 130 grams of flour (65 grams buckwheat and 65 grams of brown rice)
4. Stir until well combined
5. Ferment at room temperature for 4-8 hours.

WEIGHT	INGREDIENTS	BAKER'S %
150 grams	sorghum flour	39.50%
60 grams	tapioca starch	15.75%
140 grams	sweet white rice flour	36.75%
30 grams	psyllium husk	8.00%
355 grams	milk (warmed)	93.50%
300 grams	levain (prepared 4-8 hours in advance)	79.00%
20 grams	olive oil	5.25%
2 large	eggs (100 grams)	26.25%
8 grams	sea salt	2.00%

STEP 2 - Mise en Place

Gather ingredients, baking tools and proofing bucket.

STEP 3 - Mix the Final Dough

In a bowl, mix warm milk into starter. Sprinkle psyllium husk over the mixture and mix in. Allow to sit for a few minutes while you gather the rest of the ingredients. After 2-3 minutes, mix in the eggs and olive oil, stir together, then add the flour and stir to combine. Mix well.

STEP 4 - Knead the Dough

Once the dough is thoroughly mixed, dust your counter with tapioca starch, dust your hands with white or sweet white rice flour, then knead the dough until smooth. Pull and knead it into a round shape. Oil a medium sized bowl and place the dough inside, lightly oiling the surface. Cover with a tight lid, plastic wrap or a beeswax sheet. Allow to rest for 6-8 hours or overnight.

STEP 5 - Bulk Fermentation > 6 to 8 hours or overnight

We are now moving into the fermentation of the dough. This is where the sourdough magic happens. Place the dough in a cool room (16-21°C / 60-70°F) to rest for 6-8 hours or overnight.

STEP 6 - Shaping > rest 30 minutes up to 3 hours

Divide the dough into desired sizes, I usually do 2 half sheet pan size pizzas with this size. Knead the dough into a round or oblong disk; let rest for 30 minutes to 3 hours.

TIP: For Thinner crust pizza, let rest prior to placing on pans. For a fluffier, thicker crust pizza, spread out on pans and allow it to rise on the pans for 1-3 hours (temperature dependent). You can also prepare and place in the refrigerator to bake at your convenience.

Refer to corresponding videos in Pizza Week for complete instructions.

STEP 7 - Final Prep for Baking > 2 to 4 hours

Oil your pans or use a silpat mat. Press out the dough with your hands or use a rolling pin, create any shape you like. Dock the pizza using a fork or roller.

STEP 8 - The Bake > Preheat your oven for at least 30 minutes

OPTION 1: Par-bake the crust for 10 minutes, remove from oven, add toppings. Place back in the oven, drop the heat to 450°F for another 6 - 8 minutes or until cheese is melted and toppings cooked.

OPTION 2: Preheat oven to 450°F, add the toppings, transfer to the oven and bake for 18 - 25 minutes or until toppings are finished and edges are lightly golden.

VEGAN/EGG FREE/DAIRY FREE OPTIONS

When you add the psyllium husk, add 30 grams ground golden flax and 30 grams water in lieu of the egg, and use water in lieu of the milk.

TIMELINE EXAMPLE

PREPARE LEVAIN		SHAPING
4 to 8 hours in advance -	3:00 PM	Divide and Round
THE MIX		**OVEN PREP**
HYDRATE PSYLLIUM HUSK -	8:00 AM	PREHEAT - 450° - 500°F
REST 2 - 3 MIN -	8:03 AM	BAKE TIME - 18 - 25 minutes
MIX & KNEAD DOUGH -	8:10 AM	Option #1 Add toppings and bake 18 - 25 minutes
BULK FERMENTATION		Option #2 Par bake (10 min), top, then finish baking
LET RISE - 6 to 8 hours or overnight		Option #3 Par bake crust and freeze for another day

NOTES: