

GRAIN-FREE GLUTEN-FREE PIZZA

I love pizza and it's one of the things I don't want to give up. The choices are gluten-free pizzas, which are often loaded with refined carbohydrates. Yes, even GF is made with rice flour. The other option is a soggy cauliflower crust. So, necessity is the mother of all inventions. Here we use a combination of legumes and tuber-based flours to mimic a whole-wheat pizza crust in taste, texture, and appearance.

INGREDIENTS

1 teaspoon dry active yeast
1/2 teaspoon coconut sugar or 1
teaspoon inulin powder
1 cup water, warmed to 115°F
1 teaspoon psyllium husk
1/2 cup lupin flour*
1/4 cup cassava flour
1 cup tiger nut flour, triple sifted*
1/4 cup potato starch, sifted
1 teaspoon xanthan gum
1/2 teaspoon baking powder
1/2 teaspoon salt
1 tablespoon olive oil for hands

PIZZA SAUCE

1 14-ounce can diced tomatoes
2 tablespoons tomato paste
1 teaspoon olive oil
1/2 teaspoon dried parsley
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
1/2 teaspoon salt

MAKES SIX TO EIGHT SERVINGS

1 In a mixing bowl, place the yeast, coconut sugar, and whisk in water. Cover with a tea towel and let sit somewhere warm for 15 minutes. The yeast should get frothy on top.

2 In a separate bowl add lupin flour, cassava flour, tiger nut flour, potato starch, xanthan gum, baking powder, and salt and whisk. Set aside.

3 Add psyllium husk to the yeast mixture and whisk. Wait a few minutes until the liquid thickens.

4 Then add in the flours and stir together until it forms a ball. Knead for a few minutes.

5 Preheat oven to 425°F.

6 Cover the dough with a tea towel for 1 hour. The dough will rise, but only slightly.

7 Place the dough on parchment paper. With oiled fingers, spread out the dough. Then use a rolling pin to shape it. Place the parchment baking on a baking sheet or pizza pan and par-bake for 10 minutes.

8 Remove the pizza from the oven and carefully slide the pizza crust from the parchment directly onto the baking sheet or pizza pan.

9 Add the sauce and toppings of choice and bake for another 10-12 minutes.

10 To make the sauce: Puree tomatoes in a food processor to desired chunkiness. Heat a pan with olive oil. Add the tomatoes, tomato paste, herbs, and salt. Mix down and cook for 5 minutes.

NOTES

- *Lupin is a legume that is known to have cross-reactivity with peanuts.
- I used NOW brands for both the inulin powder and psyllium husk.
- *Triple sifting the tiger nut flour is essential. Do not skip this step. Tiger nuts are small tubers. If you don't sift the flour, you'll end up with grainy bits of dried tuber skin in your pizza.
- Keep all of the dry ingredients in a glass jar so the next time you want to make the pizza, it's really easy to skip one step.