



VITAL'S FAVORITE GLUTEN-FREE PIZZA DOUGH

INGREDIENTS

500g Caputo Gluten Free Flour
400g water
12.5g fine sea salt
10g olive oil
3g instant dry yeast

DIRECTIONS

- Pour 400g water into a mixer.
- Take 3g of instant dry yeast and mix it into water thoroughly.
- Add flour and mix on the lowest speed.
- Add salt once the water is just getting mixed into the flour.
- Oil a spatula and scrape side of bowl after about a minute of mixing.
- Once all of your dough is fully mixed (about 2 minutes) slowly pour in 10g of olive oil.
- Stop mixer after about a minute and scrape the side of the bowl one more time.
- Mix for 1 more minute.
- After about 5 minutes total stop mixing and oil your hands to remove dough onto a well oiled surface.
- Divide the dough into 300g dough balls and wrap each one with plastic wrap like you would a piece of candy - fold 2 sides over and twist unfolded sides.
- Store in fridge for at least 12 hours and up to 3 days.

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INDUSTRIES

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