



Pizza Dough

Yield: 1 x 12 inch pizza crust

375	ml	Valley Kitchen All-purpose flour	1 1/2	cup
7.5	ml	quick rise yeast	1 1/2	tsp
5	ml	salt	1	tsp
10	ml	sugar	2	tsp
180	ml	water at 48 to 54°C (120 to 130°F)	3/4	cup
		additional flour as required		

Per 1/8 of the crust only: 190 calories, 7 g fat, 0.5 g saturated fat, 0 mg cholesterol, 300 mg sodium, 29 g carbohydrate, 6 g fiber, 1 g sugar, 7 g protein

1. Measure Valley Kitchen All-purpose flour into a counter top or heavy mixing bowl. Add the yeast, salt and sugar. Mix.
2. Heat the water. Ensure the temperature is in the required temperature range.
3. Add the water to the dry mix. Using a counter top mixer or large spoon, mix the dough for 4 to 5 minutes. Cover and set aside to rise for 20 to 30 minutes.
4. Prepare a warm work surface by coating it with gluten free flour.
5. Turn the dough out onto the floured surface. Knead with additional flour to form a soft dough.
6. Using a rolling pin, form the dough into the size required for your pan.
7. Sprinkle the pan with flour to keep the dough from sticking.
8. Fold the pizza dough and lift it onto the pan.
9. Let rise in a warm place for 15 to 20 minutes.
10. Add your favorite sauce and toppings.
11. Bake in an oven preheated to 425°F for 15 to 17 minutes.

To use regular bread yeast in this recipe, replace the quick rise yeast.

Activate 1 tsp of regular yeast in ¼ cup warm water 38 to 44°C (100 to 112°F) with 1 tsp of sugar. Reduce the remaining water to ½ cup.

This dough makes a delicious, tender crust that carries the toppings perfectly.