

## Gluten Free Sourdough Pizza Crust

Searching for a tasty pizza crust that's crispy on the outside and chewy on the inside, while also being gluten-free? Our Gluten Free Sourdough Pizza Crust transforms pizza night. Crafted from a sourdough starter, this crust offers an ideal blend of flavor and texture. It's an excellent choice for anyone on a gluten-free or vegan diet, and the recipe is straightforward. You can prepare it in advance and freeze it for a convenient meal whenever you need it.



Prep Time: 20 Minutes

Rise Time: 30 Minutes

Cook Time: 20 Minutes

Total Time: 1 Hour 10 minutes

Yield: 2 10" Pizza Crusts

### Activate the Yeast

- 5g (1.5 tsp) active dry yeast
- 100g warm filtered water
- 20g maple syrup, honey or cane sugar
  
- 12g whole psyllium husk
- 250g filtered water, *room temperature*
- 50g [Gluten Free Sourdough Starter - Discard](#)
- 275g [Old World Sourdough Bread Blend](#)  
or substitute
  - 75g Potato Starch, *or another starch like tapioca starch or arrowroot starch*
  - 200g Gluten-free whole grain flours (*millet, brown rice, sorghum, white rice, quinoa, buckwheat flours or combination of flours*)
- 10g sea salt
- Olive oil

### Instructions:

In a small bowl, combine the yeast with the sweetener of your choice and warm water, between 100-110°F. (very warm, but not too hot) Let it sit to activate for 10 to 15 minutes. It will get frothy when ready.

Combine the psyllium husk and the water in a bowl or liquid measuring cup. Let it thicken and gel up for about 5 minutes. After thick add starter and stir in gently. Let sit another 5 minutes.

In a large bowl or the bowl of a [stand mixer](#), combine the flour blend and salt. Gently stir in the activated yeast and thickened psyllium gel mixtures. Mix until a smooth dough forms, making sure to scrape down the sides and the bottom to make sure all of the flour is hydrated. If the dough seems sticky, let it rest for a few more minutes to let the psyllium and flours absorb.

Cover and let rise for 30 minutes at warm room temperature. While the dough rises, preheat the oven to 450°F with a [pizza stone](#), [cast iron pizza pan](#) or [pizza pan](#) inside. Using a [cast iron pizza pan](#) will give you a very crispy crust. The dough will feel light and puffy when it's ready.

Lightly grease a sheet of parchment paper and place it on a [large cutting board](#) or sheet pan. Flip the dough out onto the parchment, dividing it into two balls if making two crusts. Set one dough ball aside. Drizzle the dough with some oil if needed to help it spread more easily.

Use your hands or a rolling pin to flatten the dough into a circular shape, moving from the center outwards. The dough's texture will differ from that of traditional pizza dough, as the absence of gluten causes it to stretch differently.

After shaping the crust, transfer it onto the pizza stone or put it on a baking sheet to pre-bake. Bake for approximately 10 minutes (or 15 minutes for a thicker crust), depending on your desired crispiness. I prefer it slightly golden on the edges and firm enough to remove from the parchment paper.

While the crust is baking, form the other crust.

Once the crust is par-baked to your liking,, remove it carefully from the oven. Slide in your other crust to bake while you add toppings to the first crust.

Add all of your pizza toppings, and bake for about 10 more minutes, or until the toppings are golden and the cheese is melted.

Take out of the oven, cut into slices, and serve right away. Enjoy!