



## **INGREDIENTS**

300g hard white wheat
50g khorasan
1Tbsp vital wheat gluten
300g warm water
1 tsp sugar (or honey)
1/2 cup sourdough discard
(optional)
2 tsp yeast
2Tbsp olive oil (or avocado oil)
1tsp salt

Frozen Pizza. Follow all the instructions as directed but reduce the bake time to only 5 minutes. Cool completely before topping and freezing. Bake as directed,

Alternately, freeze the par-baked crust without toppings. When you are ready to bake, top the frozen crust and bake as directed.

## **DIRECTIONS**

- 1. Mill your grain on the finest setting. Mix the vital wheat gluten in with the flour.
- 2. Mix the water, sugar or honey and sourdough discard into the flour mixture, mix until the flour is moistened and a wet dough forms. Cover and rest for 30 minutes to allow the flour to absorb the water.
- 3. Add in your yeast, oil and salt. Mix until incorporated.
- 4. Knead until you can form a window pane and the dough is smooth and elastic.
- 5. Allow to rise in a warm place for 45 minutes to an hour or until doubled. Shape into two balls and refrigerate overnight for best flavor or continue to the next step for same day baking.
- 6.On a surface dusted with cornmeal, stretch the dough rounds into 12-15" circles. The larger the circle the thinner and crispier the crust will be. Allow the discs to rest for 15 minutes while you preheat the oven and baking steel to 500 degrees Fahrenheit.
- 7. Top your pizzas then slide them onto your pizza peel and into the oven on the baking steel. Bake for 10-15 minutes keeping a close eye on them as they bake quickly.