

Pizza Checklist-Non-Dairy

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✓ Proofing:

2 cups whole white wheat flour shaken through a sieve
2 TBS bread yeast
3 TBS nutritional yeast
1 TBS lecithin granules
1 TBS gluten flour
1/3 cup honey in a glass measuring cup (glass is easier to clean when using honey)
1/4 cup of orange juice
3 3/4 cups plain soymilk¹

✓ Whip and let proof for 20 minutes. Then add:

1/4 cup olive oil (use to help flush leftover honey from the glass measuring cup into the mixture)
1 to 2 cups whole white wheat flour shaken through a sieve
1 TBS salt (sandwiched inside the two flour dumps)
1 to 2 cups whole white wheat flour shaken through a sieve

✓ Stir with a stout stainless steel spoon, adding more sieved flour until the dough can be kneaded.

✓ Knead for 10 minutes, cover, and wait 45 minutes. (the first rising)

✓ While waiting, begin preparing the pizza sauce, peels, and oven (see below).

✓ Pizza Sauce:

2 bottles organic marinara sauce (23.5 oz.+/-), plus enough water to rinse the jar (added in)
(2 TBS)² onion powder
(1 TBS) garlic powder
(1 TBS) basil
(1 TBS) oregano
(1 TBS) marjoram
(1 TBS) Italian seasoning
(1 TBS) thyme
(1 TBS) Tarragon
(1 TBS) Cilantro
(or season to taste)

If you use a regular oven instead of an outdoor pizza oven, do pre-bake, add toppings, then do the final bake, as follows: In a normal oven bake at 350 degrees for 8 minutes for each (pre-bake and final) bakes. There is no need to turn the pizzas. Bake on preheated (rice) floured pizza stones.

1 Silk Original unsweetened seems to work well.

2 Parenthesis indicate approximate measurements. Please adjust to taste.

You don't need to use the sections below unless you want to see what other cooking suggestions you might be interested in.

Preparing the Peels and the Outdoor Pizza Oven

After the crust begins its first rising (you have 45 minutes):

- ☐ Flour 7 peels with white rice flour.
- ☐ Roll out dough into 4± oz. crusts on the peels, enough for 18-20 pizzas. (You may want to use a cutting board, but do not use peels for *cutting* boards. You can *roll* the dough on the peels, if desired. Roll as thin as possible.)³
- ☐ When the dough is rolled out (to rise 45 minutes, the second rising), check the weather; if OK go on (else preheat the indoor oven to 350 degrees and forget taking the pizza oven outside. Follow the **regular oven** instructions, above).
- ☐ Take a suitable *table* outside and **check the direction of the wind** before setting up. Need to face the wind.
- ☐ **Before taking the pizza oven outside, put rice flour on the pizza stone in the oven.**
- ☐ Clamp the oven to the table.
- ☐ Attach the gas and check the connections with soapy water, just in case there is a leak in the hoses or connections.
- ☐ Stand to the side when turning the starter switch to on. Hold a burning lighter inside the oven for a backup starter.

Baking

- ☐ **Do not put the pizza sauce on before pre-bake!**
- ☐ While the dough is rising and the oven is heating, prepare the toppings:
 - ☐ **gluten steaks^A, peppers** (various colors), **onions, olives,** and **(Potato)** or anything desired.
 - ☐ put **cashew cheese sauce^A** and the **(non-dairy cheese^A)** out to thaw.⁴
- ☐ After the dough has risen for 45 minutes, the oven should be ready.
- ☐ **Brush some olive oil around the edges** (¼-¾") of the naked dough before it goes into the oven. This will provide added flavor and make that part of the crust bake golden brown.
- ☐ **Prick the dough with a fork** for aeration if you don't want to squash the dough after pre-bake.
- ☐ **Do not put the pizza sauce on, yet!**
- ☐ **Pre-bake the crusts for 1 minute on each side, 2, 3, or 4 at a time, rotating front to back.**⁵ (Preferably >= 400°)

Load the crusts (to taste) with (We don't always do all of these things. Each time can be different.):

- ☐ **pizza sauce^A**
- ☐ saute in water **gluten steaks^A, peppers, olives, onions** (or whatever) and add to the pizza
- ☐ drizzle cashew **cheese sauce^A**—or whatever you prefer. You may add non-dairy cheese^A, as you desire.

- ☐ **Bake for 1 minute on each side, 2, 3, or 4 at a time, changing sides by rotating front to back.** (Preferably >= 700°. Add time, if needed.)

A See the recipe on this site.

3 The seventh peel is for placing the pizzas into the pizza oven, no wider than 13 inches. Four-ounce crusts will serve one person, about 250-400 calories± depending on how fully loaded. You can get 2 or 3 pizzas on a peel if they are 4 oz. crusts. With the six peels, you could do 18+ pizzas if you have room to freeze them.

4 It is OK to put the non-dairy and cashew cheese in the microwave, but not tapioca cheese (Daiya brand), if you use it. The latter will probably melt prematurely. The tapioca cheese should soften on its own at room temperature.

5 **To help remember the turning sequence, when you start the first side, leave the spatula right side up (up and in next). When you start the second side, leave the spatula upside down (down and out next). Receiving peel: handle should be on the left.** (The spatula helps push the dough around and off the peel. A long pincer tool is good to help pull reluctant pizzas out of the oven.)