

# Gluten-Free Caputo 00 Pizza Dough

Makes: 4 x 12" (30 cm) pizzas - 4 dough balls (225 g each)

## Ingredients

500 g Caputo Fioreglut Gluten-Free Flour  
400 g (400 ml) warm water  
17 g salt (about 3 tsp)  
10 g instant gluten-free yeast (about 2 ½ tsp)  
15 g olive oil (about 1 tbsp)

## Equipment

Stand mixer  
Parchment baking paper  
Pizza stone or stoneware pan

## Instructions

### 1. Activate the Yeast

Heat water to **40–43°C (105–110°F)** (warm, not hot).

Add yeast and stir to dissolve.

Let it sit for 5 minutes until small bubbles appear.

(Optional: add ½ teaspoon sugar to speed up activation.)

### 2. Combine Liquids

Stir salt and olive oil into the yeast mixture until mixed.

### 3. Mix the Dough

#### Using a Mixer (recommended):

- Place flour in the mixer bowl and fit with a paddle attachment.
- Turn mixer to low speed and slowly pour in the yeast mixture.
- Once combined, switch to the dough hook.
- Mix on medium speed for 5 minutes until the dough is smooth.

#### By Hand:

- Place flour in a large bowl.
- Add the yeast mixture gradually, stirring with a sturdy spoon until a dough forms.
- Transfer to a lightly floured surface and knead for **10–15 minutes**, until smooth and shiny.

### 4. First Rise

Form the dough into a ball, cover the bowl with cling film (plastic wrap), and let it rise in a warm place for 1–2 hours, or until doubled in size.

### 5. Divide the Dough

Once risen, divide into **4 equal portions (about 225g each)**. The dough may deflate, that's normal for gluten-free dough.

### 6. Preheat the Oven

Place a pizza stone or baking steel in the oven.

Preheat to **260–280°C (500–550°F)** or as high as your oven allows.

### 7. Second Rise

Place each dough portion in a lightly oiled bowl. Cover and let rise for another **hour**, or until doubled in size.

### 8. Shape the Pizza Bases

Place a dough ball on parchment paper.

Using **wet hands**, gently press and stretch into a circle about **5 mm (¼ inch)** thick.

Form slightly thicker edges for a traditional pizza shape.

### 9. Top and Bake

Add your sauce, cheese, and toppings.

Slide the parchment with the pizza onto the hot pizza stone and bake for **8–10 minutes**, until golden and cooked through.

For a crispier crust, remove the parchment halfway through baking and place the pizza directly on the stone.

## Tips

- For meal prep: **Par-bake** the crust for 6–7 minutes, cool, and freeze. Reheat with toppings later.
- Gluten-free dough behaves differently from wheat dough, it won't stretch elastically. Handle with care and avoid overworking it.
- Caputo Fioreglut Gluten-Free Flour blend contains **gluten-free wheat starch**. The gluten is removed and fully approved for gluten-free labeling; it is safe for people with celiac disease.
- Shape the dough into square or rectangle crusts. This makes it easy to distinguish between gluten-free and regular pizza.