

Allium Foodworks

Personal Chef Service

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Easy Spelt Pizzas

4 cups light spelt flour (available at health food stores - there are 2 types...choose light spelt)
¼ tsp salt
3 pkg dry yeast (regular, not fast-rising)
1 ½ tsp sugar
1 1/3 cups water, very hot tap water works (about 125 degrees)
3 tbsp olive oil
flour, additional as needed
olive oil, additional for coating the balls

1. Preheat oven to 425 degrees.
2. Sift measured flour and salt together in a large bowl, then make a well in the centre.
3. Sprinkle yeast into the well, then sprinkle the sugar over the yeast.
4. Pour hot water over yeast/sugar, then let stand 5-10 minutes until frothy and foamy.
5. Pour oil over the foam, then combine the wet and dry to roughly combine. Stirring will not incorporate all the flour.
6. Turn the dough and crumbs/flour onto counter and knead about 8 minutes, combining all the flour. If need, use a bit more flour if sticky - or a bit of hot water if too dry. You are looking for a smooth, elastic consistency that kneads well without sticking to the counter.
7. Cut into 8 equal pieces for individual pizzas and roll into balls. Rub each with olive oil, cover with a tea towel and let stand 10 minutes to rise.
8. Roll each ball into a 6-7" round (these will be thin-crust pizzas - if you want thick crust, use 2 balls per pizza and roll to a 9" diameter). They don't have to be perfectly round! Squares and rectangles are delicious, too!
9. Place pizza shells on aluminum pans lined with parchment and poke with fork several times.
10. Cover with sauce and toppings of choice. Bake about 8-12 minutes for desired crispness.
(OR)
Brush plain crusts with olive oil and bake until slightly browned and freeze for later baking.