

# PREPARING A GLUTEN-FREE PIZZA

## Precautions & Preparation Tips

**Here we show you what you need to know to add gluten-free pizzas to your menu.**

The flour used to dust pizzas forms flour dust. This gluten-containing dust can spread through the air throughout the room and represents one of the biggest risks in your kitchen. Therefore, make sure to use a gluten-free flour for dusting all pizzas, regardless of whether they contain gluten or not. For this purpose, we recommend Schär Foodservice's gluten-free rice flour as it is odourless and tasteless and is ideal for all your pizzas. In addition, the flour is less abrasive to the skin of your hands than conventional flour. When gluten, e.g. from flour dust adheres on clothing or hands, it can cause cross-contamination. Hands must be washed thoroughly before each change of activity from gluten-containing to gluten-free foods and clean and „crumb-free“ work clothes must always be worn.

### **But what is the best dough for a gluten-free pizza?**

You can use gluten-free flour to make your own pizza dough or use various convenience products. Your personal choice will determine how you proceed with the preparation and what you need to bear in mind. Therefore, we would now like to give you a brief overview:

### **FLOUR MIX**

Due to the properties of gluten-free flour, you need an appropriate flour mixture to make the dough. Its composition should be specially optimised for pizzas, so that the dough can be formed/kneaded thinly and can become nicely crispy when baking. With the Pizza Mix, Schär Foodservice offers a product that is precisely tailored to catering needs. This makes it easy to make a perfect pizza dough – just like you are used to with your regular dough.

### **PIZZA DOUGH**

Using ready-made pizza dough saves you the work steps of the dough production, which always depend on specific machines and lengthy preparation. You can get frozen pizza dough from Schär Foodservice – in convenient 250g portions. The dough pieces should be defrosted the day before use; in the refrigerator they will last for another two days. The pizzas baked using this dough will convince even experienced pizza bakers!

### **PIZZA BASE**

The quickest and easiest way to make a crispy pizza is with ready-made, pre-baked pizza bases. **The gluten-free pizza base „Schär Pizza Base“ has been specially developed for the demanding catering industry.** The frozen pizza bases should be defrosted at room temperature for about 5-10 minutes, then you can start with the topping. The pizza base is also very space-saving, as no separate working surface is needed for kneading or forming the pizza. Schär Foodservice's pizza base is also supplied with an aluminium baking tin to prevent cross contamination in the oven.



**THE BEST FOR YOUR GUESTS**

## PIZZA TOPPINGS

- ✓ Top the pizza only with gluten-free ingredients!
- ✓ All ingredients should be stored separately in well-labelled, resealable plastic boxes. For safety reasons, do not use the same ingredients from the “saladette” that you use for gluten-containing pizzas.
- ✓ To take out the ingredients from the boxes, you must use kitchen utensils (e.g. tongs or spoons) specially meant for gluten-free products.

## BAKING

A separate oven would be ideal for preparing gluten-free pizzas, as this makes your work easier and virtually eliminates cross-contamination. In addition, you should always have a pizza peel or a pizza shovel specifically used for gluten-free pizzas.

If there is no oven specifically meant for gluten-free pizzas, these can also be baked in the same oven as gluten-containing pizzas. However, the following should be observed:

- ✓ Gluten-free and gluten-containing pizzas must never be baked in the oven at the same time.
- ✓ For gluten-free pizzas, it is essential to use a high-edge baking tray or baking tin to prevent cross-contamination by contact with the oven floor.
- ✓ Never use the fan in the oven, as this can spread gluten-containing flour dust.

For best results, preheat your electric oven to 350 °C top heat and 300 °C bottom heat. The baking time varies between 3 and 5 minutes, depending on the thickness of the pizza topping and the desired serving speed.

## SERVING

After baking, it is best to serve the gluten-free pizza directly onto the plate. Again, please remember that the pizza peel or shovel must only be used for gluten-free pizzas.

Before serving, it is recommended to label the gluten-free pizza to avoid confusion – a Schär flag, for example, would be an ideal solution in this case. In the take-away service you should also clearly mark the pizza box with the words „gluten-free“. Lastly, the pizza boxes should also be stored in a gluten-free area in the pizzeria.