



coeliac uk
live well **gluten free**

**Perfect for a
pizza party!**

Awareness Week:
10-16 May 2021

**MAKE YOUR OWN
GLUTEN FREE PIZZA**

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Preparation time: 10 minutes **Cooking time:** 15 minutes, plus 30 minutes to prove **Portions:** 4

Making your own gluten free pizza is a fun and easy way to introduce children to gluten free cooking. It's also useful for friends and family looking for gluten free meal ideas. You can follow our fun how to video at www.coeliac.org.uk/pizza-party.

If you want to make your own tomato sauce base, mix together tomato passata, a glug of olive oil, a good sprinkling of dried oregano or mixed Italian herbs with a pinch of salt and pepper and some sugar if the tomatoes need it. If you have time let it simmer in a saucepan, if not it can be used straight away.

Ingredients (Margherita)

230ml warm water
½ tsp sugar
5g dried yeast*
1 medium egg
1 tsp cider or white wine vinegar
1 tbsp olive oil
300g gluten free bread flour*
pinch of salt
150g pizza tomato sauce*
100g grated mozzarella

Optional pizza toppings

mushrooms
peppers
dried mixed herbs
bacon
canned sweetcorn
pepperoni
ham
tinned pineapple rings
cherry tomatoes
courgette
carrot
green salad leaves

*Please check our online Food and Drink Information for suitable products

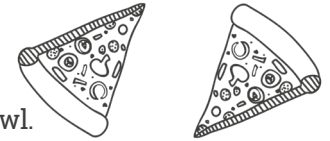
Nutritional information: (Margherita)

PER SERVING: • Calories: 357.1kcal
• Protein: 13.5g • Carbohydrate: 49.3g
• Fat: 10.9g • Fibre: 11.9g



Method

1. Preheat the oven to 200°C, 400°F, gas mark 6.
2. Place the warm water, sugar and yeast into a bowl.
3. Mix in the egg and vinegar with olive oil.
4. Place the gluten free bread flour and salt in a separate bowl, add the yeast and egg mixture and mix until it forms a smooth dough.
5. Line your pizza tray with baking parchment, spread the dough over the tray and leave it in a warm place to prove for 30 minutes. You are looking for your dough to double in size.
6. Once the dough has doubled, top with the pizza tomato sauce and the mozzarella cheese.
7. Bake for 15 minutes or until the dough is cooked through and the cheese is melted and golden.



Optional pizza toppings

Want to mix it up? Try these fun topping ideas:

"Cheery" tomato face

Make a fun face from cherry tomatoes, thin rounds of courgette, carrot and pepper. These can go onto the pizza before cooking. Once the pizza is cooked it's time for the hair - green salad leaves like rocket or spinach work great.

Bacon and sweetcorn

Cook two rashers of bacon in a frying pan. Drain a can of sweetcorn, and add a handful into the frying pan at the end of cooking to warm through. Using scissors, chop up the bacon onto the pizza, then scatter over the sweetcorn - you can do this at the beginning or end of cooking the pizza.

Ham and pineapple

Slice or cut up your favourite ham (pepperoni works well) and chop up tinned pineapple rings and top the pizza with them before cooking.

Mushroom and peppers

Slice the mushrooms and peppers, and either dry fry for 5 minutes or roast in the oven for 15 minutes with a little drizzle of oil and a sprinkling of dried mixed herbs. Add these on top of the pizza before cooking.

Host your own pizza party and help us #ShineALightOnCoeliac

Summer is coming and we can't wait to see our friends and family again, and enjoy a meal together. For children and young people with coeliac disease, this means relying on others to cater gluten free.

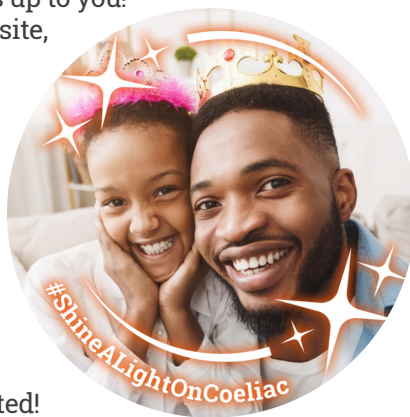
From 10-16 May, we'll be running a host of exciting activities to help shine a light on coeliac disease, and make sure every child can be included in the fun.

As part of the week, we're inviting you to host your own pizza party, to help show your friends and family that catering gluten free doesn't have to be difficult! We've even made a handy video to guide you along.

You could host it virtually or in person - it's up to you! You'll find everything you need on our website, including:

- Easy to follow recipe video
- Printable invitation
- Chef's hat
- Colour in pizza sign
- Customisable menu board

Head over to www.coeliac.org.uk/pizza-party to get started!



Show us your creations

Don't forget to share photos of your tasty gluten free pizzas with us, to help raise awareness of coeliac disease. You could:

- Help us spread the word by sharing your pics on Facebook, Twitter and Instagram, using **#ShineALightOnCoeliac**. Let's get the hashtag trending!
- Invite friends, family and colleagues to take part in our pizza party, either virtually or in person.
- Update your profile picture with our Twibbon frame so everyone knows your supporting the campaign.