



Instructions for using your gluten-free pizza dough

Your dough balls will probably be semi-frozen, (or thawed in very warm weather) when they arrive with you. They should still be chilled and can be safely frozen at this stage without affecting the quality of your pizza.

1. Thaw

- If you plan to use them some other day, then simply pop the doughballs into your freezer just as they are in their wrappers.
- If you are using them today (we know how it feels) simply allow them as long as possible to reach room temperature and prove before you cook. You will likely need at least 8 hours for this.
- Ideally, let them thaw in your fridge for 24-48 hours, or 3 days maximum. 48 hours is peak.
- TIP: It is easiest to remove the doughballs from their wrappers before they have thawed, but you don't want them dry out or form a crust. Dip them in a little water then lay them out on a lightly oiled proving tray, sealed with a lid, or clingfilm

2. Prove

- Once the dough is thawed, remove them from the fridge and leave to rest at room temperature, still covered as before.
- Different dough types have different proving times. We find that the Gluten Free dough needs around 3-4 hours, at normal room temperature of 20 C. **Note that it will not double in size like regular dough, but will enlarge a little and become soft to touch.**

3. Stretch, load & cook

- Pop to our blog if you need a helping hand with this bit: www.virtue.pizza/blog

STRETCHING TIP: Gluten-free dough is much more fragile than regular pizza dough, so if you are struggling to stretch by hand, try rolling it flat with an oiled rolling pin and then dust your pizza peel with polenta before sliding under the pizza, once you are ready to transfer to the oven or pan.

3. Enjoy!