



Serves 8-10

Preparation Time: 10 minutes

Cook Time: 9 hours 20 minutes

INGREDIENTS:

PIZZA DOUGH

7 cups unbleached white flour or whole wheat flour

1 teaspoon active dry yeast

1 teaspoon sea salt

3 cups water, plus more if dough is too dry

Vegan Pizzas How You Like 'Em

This is a bit labor intensive, so I make a double-batch of this dough and put it in the freezer. This way, I always have it on hand and can make more when I have the time. You can make this pizza dough any size and shape you want. My boys like to make their own pizzas, so I give them personal-sized dough balls and they roll it out and add their own toppings. Get creative and use what your family likes. Below are some possible combos. Check out the Forks Over Knives guide to [making vegan pizza](#) for more information.

- Mexican: smashed pinto beans, black olives, onions topped with lettuce, tomatoes and salsa after cooking
- Thai: peanut sauce, red peppers, baked tofu, onions topped with cilantro and/or greens after cooking
- Veggie: tomato sauce, red peppers, mushrooms, black and green olives, onions, pepperoncinis
- Greek: hummus, kalamata olives, roasted red peppers and red onions

From drmcDougall.com

By Heather McDougall

- 1 In a stand mixer with dough hook, add flour, yeast, and salt and mix on low speed until combined. Slowly add water until combined, then knead with dough hook for 2 more minutes, or until dough starts to pull away from bowl and form a big ball on hook. If the mixture seems too dry, add a bit more water.
- 2 Put this mixture in a large clean bowl, cover with plastic wrap or silicone cover and a towel and place in a draft free area for 18-24 hours.
- 3 The next day, turn mixture out onto a floured work surface. Shape into a long oval shape and cut into 6 even sections, or 3 if you like your pizza thicker. Next, take each section and fold the ends towards the middle, flip over, shape into a ball and place on a baking sheet with parchment paper. Do this with all pieces. Cover the dough with plastic wrap and a towel and let sit for one hour. If you don't want to use the dough right away, simply place in plastic baggies and place in the freezer.
- 4 To use frozen dough: Take the dough out of the freezer and let it rest on your countertop until it reaches room temperature. Depending on the temperature of your house, this usually takes at least 3 hours. Then use as you would fresh dough.
- 5 After one hour, take each ball and roll out on a floured surface until it is the thickness you like your pizza. Transfer to a large wooden pizza spatula with parchment paper on it. Next, I put all of the toppings on and bake on a preheated pizza stone in my BBQ as high as it will go, for about 8 minutes. The parchment paper makes it so easy to transfer to the pizza stone. Simply pull the paper and the crust right onto the stone. Yes, you can cook the parchment paper.