



Noreen's Kitchen

Rye Pizza Crust

(Used for my Ruben Pizza)

Ingredients

1 1/2 cups all purpose flour
1/2 cup rye flour
1 tablespoon instant yeast
1 cup warm water
1 tablespoon light olive oil or vegetable oil
1 teaspoon salt
1 tablespoon sugar
1 tablespoon rye bread enhancer* or vital wheat gluten
1 teaspoon caraway seeds (optional)

Step by Step Instructions

Pre-heat oven to 350 degrees.

Combine all ingredients in the bowl of your mixer with the dough hook attached.

Mix on low to incorporate all of the ingredients.

Turn mixer to the second speed and determine if you need more flour. If you do then add it two tablespoons at a time until it reaches the proper consistency.

Continue kneading the dough for 7 minutes.

Remove dough from bowl and spray the bowl with cooking oil and return the dough to the bowl. Spray the dough as well.

Cover the bowl and allow dough to rest for 10 minutes.

Press or roll dough onto 16 inch pizza pan and "dock" with a fork to allow steam to release while baking.

Bake for 15 to 20 minutes until golden brown.

Allow crust to cool before constructing Ruben Pizza.

Enjoy!

* Rye Bread Enhancer available from King Arthur Flour online.