

Kamut and spelt flour are both great to use in baked goods where you would typically use wheat flour, such as cakes, bread or pizza dough. They do contain some gluten, however the gluten does not require as much kneading as regular wheat flour.

Home-made pizzas with salami, fresh tomato, red onion & rocket

Preparation time: 45 minutes

Cooking time: 10-12 minutes, plus 1 hour rising time

Makes: 4 pizzas

80ml (1/3 cup) tomato passata
100g thinly sliced salami
2 large vine ripened tomatoes, diced
1 small red onion, thinly sliced
150g bocconcini, thinly sliced
100g baby rocket leaves, to serve
Balsamic vinegar, to drizzle

Pizza dough

1 teaspoon honey
450g (3 cups) kamut or spelt flour
290ml tepid water
7g sachet dried yeast
1 1/2 tablespoons olive oil, plus extra to grease

1 To make the dough, place the honey, half a cup of flour and the water in a small bowl, and whisk to combine. Sprinkle with the yeast and set aside for 10 minutes, by which time it should start to bubble and foam.

2 Sift the remaining flour and a pinch of salt into a large bowl, add the yeast mixture and olive oil. Stir with a wooden spoon, then use your hands to bring the mixture together to form a ball.

3 Turn the dough out onto a lightly floured work bench and knead for 3-4 minutes or until smooth and elastic. Lightly grease a large clean bowl, place the dough in the bowl and spread a little extra oil on the top to prevent a crust forming. Cover the bowl with plastic wrap and leave to rise in a warm, draught free place for 1 hour or until the dough has doubled in size.

4 Preheat oven to 230C, brush 2 large pizza trays with oil. Punch the dough down with your fist, divide the dough into 4 equal portions, set two portions aside covered with a clean damp tea towel. Roll remaining 2 pieces of dough out to a **25-30 cm circle (can we please double check)**, place the dough on the prepared trays.

5 Spread each pizza with 2 tablespoons tomato passata, then top each with 1/4 of the salami slices, diced tomato, onion and bocconcini.

6 Bake pizzas for 5 minutes, then swap trays around in the oven to ensure even cooking. Cook for a further 5-7 minutes or until golden and base is crisp. Remove from oven, and bake the next two pizzas. Serve pizzas topped with baby rocket leaves and a drizzle of balsamic vinegar.