

MULTI-PURPOSE • GRAIN-FREE • AUTOIMMUNE FRIENDLY
MAGIC WONDER DOUGH RECIPE

INGREDIENTS

Tapioca Flour

Also known as tapioca starch, this fine, powdery flour comes from the cassava, or yucca, root. It is generally acceptable in Paleo and Primal cooking, but be careful because large amounts of it can elicit an undesirable insulin response. I use [Bob's Red Mill brand tapioca flour](#), which you can buy in most major supermarkets or online at Amazon.com.

Mashed Root Vegetable

Because my family and I are nightshade-free, we use potato alternatives for this recipe. Most often I use mashed yucca root, which needs to be peeled, cut up and boiled for approximately one hour before it is edible. Yucca root is extremely starchy and chewy and is a great addition to this recipe, although other starchy root vegetables work just as well. I usually make the mashed yucca up ahead of time, divide it into 125-gram portions and freeze it so it's ready to go.

Jewel or garnet yams work great, especially if you're making the Primal variation of the recipe, since they make the finished product orange. If I'm turning the dough into crackers, I make sure to use yams since they look (and taste) like Cheese Nips.

Golden or white sweet potatoes have a nice neutral flavor for this recipe, adding just a hint of sweetness without being overpowering. Both golden sweet potatoes and yucca root make the bread, pizza dough and crackers look like traditional recipes, so people will never guess the difference.

If you eat white potatoes, go ahead and use them. The other options are pretty tasty, though. Any starchy root vegetable works for this recipe – you can even use turnip. Don't blame me for the taste if you do, though. ;)

If you find your dough is too sticky or you need a lot of flour in the last step, try roasting your root vegetable before you mash it, instead of boiling it. This cuts down on moisture.

Real Salt

[Redmond's Real Salt](#) is the brand I use, because it's unbleached, unprocessed and still contains all the wonderful nutrients that salt is supposed to have in it. You don't have to use Redmond's but I suggest using a natural salt that hasn't been processed. Table salt and even kosher salt can add a "chemical" taste to the dough and the amount suggested in the recipe will be pretty overpowering. You can find natural salt at any good supermarket.

Cheese

I originally adapted this recipe from a traditional



South American recipe for cheese bread, so the first cheeses I tried were the Mexican cheeses Panela and Cotija. I have since used Parmesan, Cheddar, Swiss and Mozzarella. The amount and type of cheese doesn't really matter. If you want it cheesier, add up to 1½ cups of shredded cheese (150 grams). A combination I found worked rather well was 70 grams of Parmesan and 80 grams of cheddar. You'll see from the Paleo version of this recipe that the cheese isn't necessary to make the bread rise or give it texture; it's simply for flavor.

Avocado Oil

Since this dough is baked at high temperatures, you need to use an oil that can handle it. Olive oil should never be raised over 350°. You can also use butter, coconut oil, palm oil, lard or tallow (although I would cut down the amount of milk slightly if you do this). **Avocado oil** is stable at high heat and has a delicate, neutral flavor. It works particularly well in this recipe.

Half and Half

I only use organic, grass-fed half and half for this recipe, and have even used whipping cream. The extra fat in the cream makes the dough very silky and pliable. If you can't use half and half, substitute full fat coconut milk. If you're intolerant to coconut, use

almond milk, rice milk, or whatever milk substitute you have.

Eggs

The quality of the eggs you use is very important. Pastured, organic eggs are much more nutritious than conventional supermarket eggs. If you're suffering from food allergies or intolerances, you may want to find out what the chickens are being fed. Often, even people following an autoimmune protocol are able to reintroduce eggs if the chickens that lay them eat a natural diet of grass and bugs. I also find the dough holds together better and is easier to roll out when I use quality eggs.

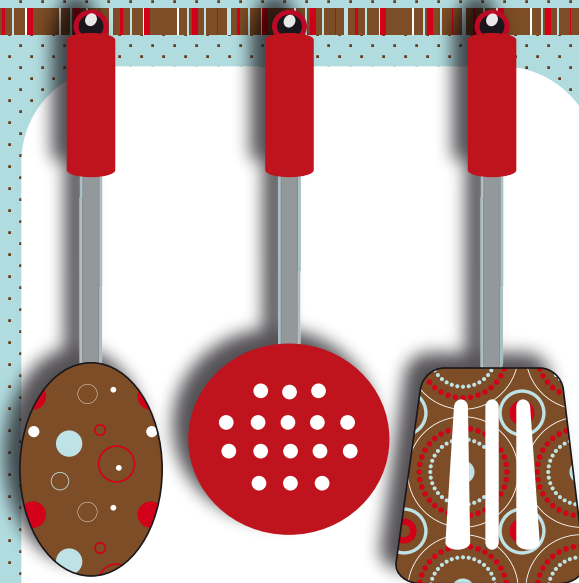
If you are avoiding eggs, you can replace the egg with 1 tbsp flaxseed and 3 tbsp water.

Nutritional Yeast

If you're making the Paleo version of the dough, but you still want it to taste cheesy, try adding nutritional yeast. Experiment with different amounts until you have the taste you're looking for.

Additions

Adding different herbs and spices to the dough results in new, amazing flavors. Try garlic, caraway, rosemary, basil, oregano or any of your favorites. How much you add is up to you. A good rule of thumb is 1 tsp for subtle



flavor and up to 1 tbsp for a stronger impact. If you use fresh garlic instead of garlic powder, you'll need to slightly increase the amount of tapioca you use to compensate.

Variations

This dough is really versatile. You can turn it into rolls, hamburger buns, pizza crust, crackers and tortillas.

Try making a sweet version of the Paleo recipe. Add cinnamon and nutmeg and use pumpkin or sweet potato for the mashed vegetable. You may need to increase the amount of tapioca flour you use if you use pumpkin. Do this in the final stage.

You can double, triple or even quadruple this recipe. The dough can be wrapped in plastic wrap and refrigerated for later and can even be frozen.

PRIMAL CHEESE DOUGH

INGREDIENTS

170 grams tapioca flour

125 grams mashed root vegetable

1 tsp. Real Salt

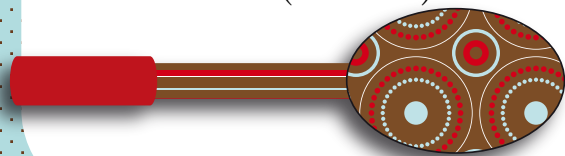
½ - 1½ cups finely shredded cheese
(150 grams)

¼ cup avocado oil

¼ cup half and half

1 egg

35 – 50 grams tapioca flour (divided)



DIRECTIONS

1. Preheat oven to 425°. Line a cookie sheet or pizza pan with parchment paper.
2. Pour 170 grams **tapioca flour** into a large mixing bowl. Measure out 35-50 grams extra tapioca flour. Put into a small bowl and set aside.
3. Add **salt** and **mashed root vegetable** to the flour in the large bowl and use your hands to combine. Blend well, breaking the mashed root vegetable up until the mixture is crumbly and well combined.
4. In a small bowl, whisk **egg**, **oil** and **cream** together. Add them to the tapioca mixture and stir well to combine with a spoon. (You can use your hands, but this step is *very* sticky and messy.)
5. Add the **cheese** to the mixture and stir to combine. Let the dough rest for a minute.
6. Start adding the **extra tapioca flour**, a little at a time, this time using your hands to knead the dough. You may not need all the extra flour. Knead until the dough is silky and soft but doesn't stick to your hands anymore. If you add too much tapioca flour, the dough will start to break at the edges and appear dry. If this happens, add ¼ tsp oil and continue to knead, adding a touch more oil if needed. If the dough is still too sticky, add 1 tsp tapioca flour at a time until it's silky and smooth.

(Alternatively, you can dump the extra tapioca flour onto a clean counter and knead the dough there, instead of doing it in the mixing bowl. If doing this, start with approximately 35 grams of flour on the counter to avoid adding too much.)

7. If baking right away, shape the dough into desired shape and place in the hot oven. Use the following times as a guideline: Pizza Crust: 15-20 minutes. Rolls: 20 minutes. Crackers: 8-10 minutes.

Specific instructions for the different items you can make with this dough, including rolling instructions and storage, can be found on the Variation pages.

PALEO MULTIPURPOSE DOUGH

INGREDIENTS

170 grams tapioca flour

125 grams mashed root vegetable

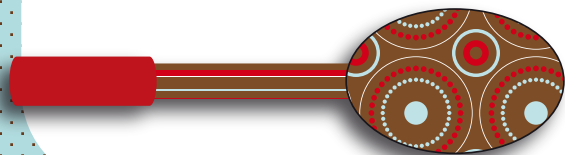
1 tsp. Real Salt

¼ cup avocado oil

¼ cup coconut milk

1 egg

60 grams tapioca flour
(divided)



DIRECTIONS

1. Preheat oven to 425°. Line a cookie sheet or pizza pan with parchment paper.
2. Pour 170 grams **tapioca flour** into a large mixing bowl. Measure out 60 grams extra tapioca flour. Put into a small bowl and set aside.
3. Add **salt** and **mashed root vegetable** to the flour in the large bowl and use your hands to combine. Blend well, breaking the mashed root vegetable up until the mixture is crumbly and well combined.
4. In a small bowl, whisk **egg**, **oil** and **coconut milk** together. Add them to the tapioca mixture and stir well to combine with a spoon. (You can use your hands, but this step is *very* sticky and messy.)
5. Start adding the **extra tapioca flour**, a little at a time, this time using your hands to knead the dough. You may not need all the extra flour. Knead until the dough is silky and soft but doesn't stick to your hands anymore. If you add too much tapioca flour, the dough will start to break at the edges and appear dry. If this happens, add ¼ tsp oil and continue to knead, adding a touch more oil if needed. If the dough is still too sticky, add 1 tsp tapioca flour at a time until it's silky and smooth.

(Alternatively, you can dump the extra tapioca flour onto a clean counter and knead the dough there, instead of doing it in the mixing bowl. If doing this, start with approximately 35 grams of flour on the counter to avoid adding too much.)

6. If baking right away, shape the dough into desired shape and place in the hot oven. Use the following times as a guideline: Pizza Crust: 15-20 minutes. Rolls: 20 minutes. Crackers: 8-10 minutes.

Specific instructions for the different items you can make with this dough, including rolling instructions and storage, can be found on the Variations pages.

VARIATIONS

This dough can be rolled out as many times as you'd like – it doesn't get tough like recipes made with wheat flour. Any dough that you're not immediately working with should be wrapped up in plastic wrap to keep it from drying out.

Crackers

Place parchment paper on countertop. Put about half of the dough on parchment paper and cover with a large piece of plastic wrap. Squish the dough down with the palm of your hand to flatten. Leaving the plastic wrap on top, roll the dough out as thin as you can get it with a rolling pin, repositioning and smoothing plastic wrap if needed. Remove plastic wrap. Sprinkle dough with coarse salt and herbs, if desired. (I like to roll the pin over the dough one more time after I've added herbs to make sure they stick.)

Score dough with a pizza or pastry cutter into desired shape and sized crackers. (Remove odd shaped side bits if you want them all uniform; you can roll the extra dough out again with the second batch.) Use a fork to poke holes in the crackers in whatever pattern you wish. Place parchment paper and crackers on a baking sheet and put in a 425° oven for approximately 5-7 minutes. Remove from oven. Break crackers apart or remove the ones on the edges. If they are still soft, cut them apart with the pizza cutter. If you can snap them apart with your hands, they are done. Remove any crackers that have browned but return any soft ones to the oven for another 3-4 minutes.

Caution: the crackers on the edges will brown first. I have found that leaving all the crackers in the oven until they are all brown results in a burnt taste, which is unpleasant. Keep an eye on them. The ones on the edges have a tendency to burn, while the ones in the middle will still be soft. This is why I suggest breaking them up before they've finished cooking.

When they're done, remove the crackers from oven and allow them to cool. They will become a little crispier as they cool, but should already be crunchy. If they're still soft, put them back in the oven for another minute or so. Once cooled, store in a sealed plastic bag at room temperature. Will keep unbelievably crisp for about a week.

Cheese crackers: Use the Primal version, with garnet yams or sweet potato.

Saltines: Use the Paleo version, with yucca root, taro root or golden sweet potato.

Variation: Roll the dough out slightly thicker than for crackers and score into larger, bread sized pieces. Bake approximately 7-9 minutes, or until still soft. Allow to cool and use for sandwiches or wraps.

Rolls

Place parchment paper on baking sheet. Take about 2 tbsp of dough (a palmful) and shape into little round balls, slightly bigger than a golf ball. Flatten slightly if desired. Place on prepared baking sheet about 2 inches apart and bake for approximately 20 minutes. Alternatively, you can place the rolls in lined mini-muffin cups. (Rolls will puff up and expand after about 15 minutes, but won't double in size like wheat products.) If you eat them while they are still warm, they will have a chewy, doughy center, even though they're cooked. If you allow them to cool completely, the chewy, doughy center disappears (especially in the Paleo version) unless you've used a lot of cheese.

Caution: don't make the rolls too big, or be tempted to bake the dough into a big loaf. The best I've been able to do is pull off a "baguette" about 2 inches high. If you want to make hamburger or hot dog buns, you'll need to make them flatter than store bought ones or they won't cook all the way through, no matter how long you leave them in the oven. Cool completely before cutting them open.

Pizza Crust

Place parchment paper on countertop. Put the dough on parchment paper and cover with a large piece of plastic wrap. Squish the dough down with the palm of your hand to flatten. Leaving the plastic wrap on top, roll the dough flat with a rolling pin, repositioning and smoothing plastic wrap if needed. The thinner you make the crust, the crispier it will be. Remove plastic wrap. If you want a softer crust, save some of the dough, roll it into snakes and place them around the edge of the pizza, pressing to the base to join. Bake in a 425° oven for approximately 15-20 minutes. Remove from oven. Allow to cool completely before adding toppings. Return to oven and bake until your toppings and cheese are cooked to your liking, approximately 15 minutes.

Variation: Instead of making pizza, this "crust" can be sliced up and served like foccacia bread. Dip it in olive oil and herbs, use for sandwiches, etc. May be made ahead.

Tortillas

I suggest using the Paleo version of the recipe for tortillas. Follow directions for crackers, but don't score the dough. Roll the dough into desired sized rounds. Bake in a 425° oven for 2-3 minutes, until you can easily remove the tortillas from the parchment paper without them sticking. Remove from oven. (Alternatively, you can cut down on the liquid in the recipe [2 tbsp oil, 2 tbsp milk] and roll the dough between 2 sheets of plastic wrap. It comes off much easier this way and you can skip the baking step.)

Heat frying pan over medium heat and add tortillas one at a time to the pan. Fry 1-2 minutes per side, or until done. You can also add fat to the pan for more flavor.

Making ahead and freezing

I can't stress enough how incredibly well this dough freezes. I usually make up a triple batch. I divide the dough into 4 portions, wrap each one in plastic wrap, put them all in a freezer safe bag and throw them in the freezer.

To defrost, just leave out on the kitchen counter for a few hours or defrost in the fridge over night. Believe it or not, I've even defrosted this dough in the *microwave* (on the defrost setting) and it has still baked up just fine.

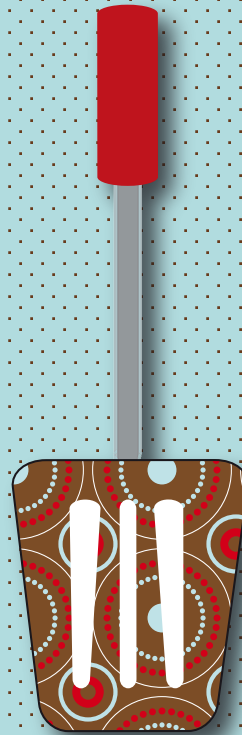
No matter what you choose to do with it, the dough should always be tightly wrapped in plastic wrap if you're not going to use it right away. This will keep it from drying out. The dough will not stick to the plastic wrap.

Triple Your Pleasure, Triple Your Fun

The follow recipes make 4 large pizzas, or more crackers and rolls than you could eat in a lifetime.

PRIMAL VERSION

- 500 grams tapioca flour
- 400 grams mashed root vegetable
- 1 tbsp. Real Salt
- ½ cup avocado oil
- ½ cup half and half or cream
- 3 eggs
- 450 grams shredded cheese
- 100-150 grams tapioca flour (divided)



PALEO VERSION

- 500 grams tapioca flour
- 400 grams mashed root vegetable
- 1½ tbsp. Real Salt
- ½ cup avocado oil
- ½ cup coconut milk
- 3 eggs
- 180-200 grams tapioca flour (divided)