

BBQ Chicken Grilled Pizza

Pizza on the grill has a rustic flavor that can't be matched by pizza baked in an oven. The lightly charred crust supports the smoky, rich toppings of this barbecue chicken pizza.

Serves: 4-6

Ingredients:

Dough (makes 2 crusts)

2¼ teaspoons active dry yeast (or one premeasured commercial package)

1½ cups warm water

3½ cups all-purpose or bread flour

2 teaspoons salt

1 teaspoon sugar

2 tablespoons olive oil

1 teaspoon rosemary

1 teaspoon garlic powder

Topping

2 cups leftover barbecue chicken, shredded

1 cup Classic Memphis BBQ Sauce (see recipe)

½ cup red onion, sliced

½ cup tomatoes, diced

½ red bell pepper, sliced in strips

¾ crumbled blue cheese

1 cup fresh mozzarella cheese

½ cup fresh parmesan cheese

1 tablespoon fresh cilantro

Directions:

1. To prepare the dough: Place warm water in a medium- to large-sized bowl. Sprinkle the water with the active dry yeast. Let sit for 5 minutes. The yeast should begin to dissolve. Stir lightly.
2. Add the flour, salt, sugar, olive oil, rosemary, and garlic powder. If using a mixer with a dough hook attachment, mix on low speed until the dough is elastic, approximately 10 minutes. If you do not have a mixer, mix with hands and then knead until the dough has a smooth, elastic feel.
3. Cover the dough with a damp towel or plastic wrap. Let sit for 1-1½ hours to rise. Keep the dough in a warm, not hot, place.

4. Punch down the dough and remove it from the bowl. Divide into two equal portions. Cover the dough while you prepare the grill.
5. To grill the pizza, the grill needs to be very hot. Clean and prepare the grill as usual. Bring the heat up to 400°F to 425°F.
6. Flatten the dough and form it into two round or rectangular pizza crusts.
7. Brush the grill with a little olive oil. Using a large spatula or pizza peel, place the dough on the grill. Sprinkling the dough with a little cornmeal will help prevent sticking.
8. Close the grill and cook the dough for 2-3 minutes. Open the grill, flip the dough, and cook an additional 2-3 minutes on the other side.
9. Remove the dough from the grill and transfer to a heatproof pizza stone. Brush the dough with barbecue sauce, then top with chicken, onions, tomatoes, red pepper, cheeses, and cilantro. Place the pizza back on the grill and cook for an additional 3-5 minutes, or until dough is thoroughly cooked, slightly brown and the cheese is melted.
10. Remove from heat and let rest 5 minutes before serving.

Recipe from David Martin's cookbook [Let's Grill Tennessee's Best BBQ Recipes](#)



Classic Memphis BBQ Sauce

This recipe represents the quintessential Memphis barbecue flavor. Both tangy and sweet, balanced by savory spices, this sauce will please a range of palettes.

Yields: approximately 2 cups

Ingredients

- ½ cup brown sugar, packed
- 2 tablespoons molasses
- ¼ cup apple cider vinegar
- 1 cup ketchup
- ½ cup yellow mustard
- 3 tablespoons Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon celery salt

Directions

1. Begin by adding the brown sugar, molasses, and apple cider vinegar to a small saucepan. Heat over medium until sugar begins to dissolve.
2. Add the remaining ingredients and increase heat to medium-high. Stir continuously until mixture boils. Make sure all the sugar is dissolved, and the ingredients are well blended.
3. Reduce heat to low, cover, and let simmer for approximately 20 minutes. Stir occasionally.
4. Remove sauce from the heat and stir one more time, making sure it's well blended. Set aside and allow to cool slightly before use, or transfer to a covered jar and store in the refrigerator.

Recipe from David Martin's cookbook [Let's Grill Tennessee's Best BBQ Recipes](#)

Keto-Friendly Pizza Crust

Makes two 12-inch crusts

Ingredients

- 1 cup tapioca flour
- ¼ cup coconut flour
- 2 eggs
- 1 cup water
- Pinch sea salt
- Olive oil as needed

Directions

1. Preheat the oven to 400°F
2. In a mixing bowl, combine all the crust ingredients. Whisk until smooth.
3. Place a 12-inch cast-iron skillet in the oven for about 10 minutes until it's very hot.
4. Coat lightly the bottom of the skillet with cooking spray to prevent the crust from sticking.
5. Add half the crust mixture and cook on medium heat on the stovetop. The crust should start to bubble (just like when you cook a pancake)
6. Turn over with a large spatula and let cook until it starts to become crispy and golden.
7. Transfer to a pizza stone and make the second crust following the same steps.
8. Preheat the grill to 400°F.
9. Garnish the pizza crusts as desired.
10. Grill the pizza for 6-7 minutes or until the cheese has melted and the toppings are cook through. Move the pizza around to lower temperature area on the grill if you see that the pizza crust starts to burn too rapidly.

Note for the pizza to be completely keto-friendly, here is a barbecue sauce I use that taste great for the BBQ Chicken Pizza

Keto-Friendly BBQ Sauce

Ingredients

15 ounces tomato paste (2 ½ (6-ounce) cans)
1 ¼ cups water
½ cup apple cider vinegar
¼ cup Monk fruit erythritol powder (I use the Betsi brand)
½ medium-sized onion, diced thin
1 teaspoon garlic powder
¼ teaspoon or more cayenne pepper
1 teaspoon chili powder
2 teaspoons smoked paprika
1 teaspoon hickory liquid smoke
2 tablespoons Worcestershire sauce
½ teaspoon salt

Instructions

1. Add all the ingredients to a saucepan and bring to a boil on high heat.
2. Reduce heat to medium-low and let simmer for 20-30 minutes or until the sauce thickens to your preferred consistency
3. Taste the sauce once it's done and adjust seasoning with more sweetness by adding a bit of erythritol or spiciness with more cayenne pepper.