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by Mike

Cauliflower Pizza Crust



Ingredients

4 cups raw cauliflower rice (1 head)
1 egg, beaten
Mozzarella cheese
Crab sticks
Cooked tofu
Cooked squid
Pinch of salt
For sauce:
3 tomatoes, quartered
3 garlic cloves, peeled and crushed
Olive oil

Preparation

1. Preheat your oven to 205 C.
2. In a food processor, place batches of cauliflower until you achieve rice-like texture. Set aside.
3. Bring to boil inch of water in a pot then add the cauliflower rice and bring to boil. Then cover and cook it for about 5 minutes.
4. Drain the cauliflower rice in fine strainer and transfer in a clean dish towel. You need to squeeze all excess moisture out to make out a dry pizza crust.
5. Get a large bowl and put together cauliflower rice, eggs, mozzarella cheese, and spices.
6. You can put some butter on the sheet. Then press the dough out in a baking sheet. Keep the dough about half inch thick leaving the edges a bith higher.
7. Bake your crust for 40 minutes at 205 C. It should be golden brown when done.
8. Work your sauce now by putting the tomatoes and garlic in a small bowl. Then drizzle with olive oil and put inside the oven. Bake for 40 minutes at 205 C.
9. Once the sauce is finished, carefully peel the tomato and crush them with fork. Set aside.
10. Get the crust from the oven and add your toppings- sauce, cheese, squid, tofu and crab sticks.
11. Put the pizza back to the oven at 205 C and bake an additional 10 minutes.
12. Slice your pizza and serve immediately.

Cooks Note

If you want to enjoy your crust for another night, wrap it up in a foil and freeze it. When you decide to use it, just add some toppings and bake at 205 C.