



Posted on 10 September 2013

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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.
