

Cauliflower Crust Pizza

Recipe By *Estee Kafra*



Cooking and Prep:  30
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Serves:  6

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Chanukah, Nine
Days

Diet: Gluten Free, Low Carb

Source: Family Table by
Mishpacha Magazine

Yup, it's true. Cauliflower acts as a crust for our favorite sauce-and-cheese combo. I didn't believe it until I tried it either.

Ingredients (7)

Pizza

- 1 head fresh cauliflower, or about 5 cups broken down or [Heaven & Earth Organic Riced Cauliflower](#) (a skip step 2 below)
- 1 egg
- 1 cup shredded pizza cheese
- 1/2 teaspoon pizza seasoning, or dried basil, or oregano

Topping

- Gefen Pizza Sauce or your favorite pizza sauce (gluten free pizza sauce, if needed)
 - your favorite pizza cheese
 - pinch salt
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Start Cooking

Prepare Pizza

1. Preheat oven to 475 degrees Fahrenheit (240 degrees Celsius).
2. Place the cauliflower into a food processor and pulse until it is the consistency of fine couscous.
3. Place the cauliflower onto a tea towel and close towel tightly. Squeeze it on both ends over a sink and let excess water drip away.
4. Transfer to a bowl and mix with egg, cheese, and seasoning.
5. Line a baking sheet with Gefen Easy Baking Parchment Paper.
6. Pour the contents of the bowl onto the sheet and spread it with your fingers to create an even crust.
7. Bake until it begins to darken around the edges, about 15 minutes.
8. Spread with a thin layer of homemade or store-bought sauce.
9. Sprinkle with your favorite pizza cheese and add a pinch of salt.
10. Place back in the oven at the same temperature for about five minutes until cheese is melted.

Note:

Check with your rabbi about checking cauliflower.

Credits

Photography: Hudi Greenberger

Styling: Renee Muller