

Egg-free Cauliflower Pizza Dough

By Diane Kuehn

Cauliflower pizza combines America's favorite snack food (pizza) with one very nutritious veggie (cauliflower is loaded with Vitamins C and K, as well as many other nutrients). Unfortunately, most recipes for cauliflower pizza also require eggs as a binder — a problem for those of us who are egg intolerant. This recipe uses my gluten free flour mix as the binder (you can use an off-the-shelf GF flour brand if needed — just make sure to get one that uses whole grains to boost your nutrient in-take). The crust comes out darker than a traditional pizza crust, and is crisp — tasting of caramelized cauliflower. This recipe makes enough for one 16" (40 cm) diameter pizza.

Hands-on preparation time: 30 minutes

Total preparation time: 2 hours 30 minutes

Ingredients:

1 medium-sized head of cauliflower
1 c. GF flour mix (130 g)
1 t. garlic powder (optional; 3 g)
½ t. baking powder (2.5 g)
½ t. table salt (3 g)
2 T. olive oil (30 ml)

Preheat oven: 400° F; 204° C

Directions:

Step 1. Wash the cauliflower and pat it dry with a paper towel. Cut the florets off of the head of cauliflower, discarding the inner core. You will need 16 to 18 oz (460 to 530 g) of florets. Cut apart the florets till all are about 1" (2.5 cm) in size.

Step 2. Put the florets into a 7-cup food processor. Process the cauliflower florets till they are finely ground.

Step 3. Pour the ground cauliflower into a microwave-safe bowl. Microwave for 5 minutes. Stir the cauliflower with a rubber spatula. Microwave for 3 minutes more.

Step 4. Line a cookie sheet with parchment paper. Pour the ground cauliflower into the pan, and spread it out into a thin layer, breaking up clumps. Let it cool for 1 to 2 hours at room temperature. Once cool, pour the cauliflower into a large mixing bowl (discard the wet parchment paper).

Step 5. Add the GF flour mix, garlic powder, baking powder, and table salt to the large mixing bowl containing the ground cauliflower; mix well with a rubber spatula till the flour is no longer visible. Add the olive oil and stir to combine.

Step 6. Spray a pizza pan with cooking spray. Knead the dough with your hands for one minute. Place the dough on the pizza pan. Using your fingertips, flatten the dough into a pizza shape that is about 16" (40 cm) in diameter and ¼" (0.6 cm) thick. Be sure to leave the edge of the pizza a little thicker to form a nice crust. Place the pan in the oven and bake for 40 minutes till the crust is a dark golden brown and crisp to the touch.

Step 7. Remove the pan from the oven and top as you like (I like a fresh basil-parsley pesto sauce on mine with sautéed veggies). Put the pizza pan back in the oven and bake for 15 minutes more to cook the toppings. Remove from the oven, cool 5 minutes, and serve.

