

CAULIFLOWER PIZZA CRUST

Serves 2.

By Dennis W. Viau; modified from Internet recipes.

Being on a keto diet presents many challenges. For one, giving up some of the foods we love. I love pizza, but all that bread dough in the crust is full of carbohydrates and therefore not keto friendly. Friends asked if I tried cauliflower pizza crust. I hadn't, until now.



Ingredients:

2 cups (about 300g) cauliflower florets

1 cup (90g) shredded Parmesan or Romano cheese

1 large egg

Toppings of your choice — pizza sauce, mozzarella cheese, pepperoni, Italian sausage, mushrooms, etc.

Directions:

Use a coarse cheese shredder to shave the florets off the head of cauliflower (save the stems for soup), or cut the florets off and pulse them in a food processor to reduce to the texture of rice. Cook the florets in a large skillet over medium heat without water or oil, stirring often, to remove most of the moisture, 8 to 10 minutes. The florets don't need to be browned. They don't need to be bone dry. Set aside to cool.

While the florets are cooling, heat the oven to 400°F (200°C). Shred the cheese. Combine the cheese and egg in a mixing bowl. Add the florets and blend well.

Line a pizza pan or baking sheet with parchment paper. Transfer the cauliflower mixture to the paper and press to shape into a thin pizza crust. Shape the edges thicker to reduce browning. (My pizza crust was 9½ inches in diameter, or about 25cm.)

Bake 20 to 25 minutes until moderately browned. Remove from the oven and transfer to a cooling rack (still on the parchment). Let cool until safe to handle, about 10 minutes.

Arrange toppings on the crust and return the pizza to the oven. Bake for 10 to 15 minutes, until the edges are well browned without burning. Remove from the oven and transfer to the cooling rack. Let cool until safe to handle. Serve.