

Karnabahar Pizza

Keto cauliflower pizza recipe with crispy low-carb crust. Perfect gluten-free alternative with high protein and fiber. Easy step-by-step instructions.

30 min

HAZIRLIK

30 min

PIRME

1h

TOPLAM

4

PORSIYON

Easy

ZORLUK

Karnabahar Pizza

Malzemeler

- 1 cauliflower
- 2 egg
- 1 cup mozzarella cheese
- 1 cup parmesan cheese
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp rock salt
- 1 tsp black pepper
- 1 cup basil
- 1 cup tomato

Yapılışı

- Prepare the cauliflower**

Preheat oven to 425°F (220°C). Remove leaves and stem from 1 large head of cauliflower, then cut into florets. Pulse in food processor until pieces are rice-sized, about 10-15 pulses.
- Steam cauliflower rice in a steamer basket over boiling water for 8-10 minutes until tender when pierced with a fork. Let cool completely, about 15 minutes.
- Place cooled cauliflower in a clean kitchen towel and squeeze firmly to remove as much water as possible - this is crucial for a crispy crust.
- Make the crust**

In a large bowl, combine drained cauliflower with 2 beaten eggs, 1 cup mozzarella cheese, 1 teaspoon salt, 1 teaspoon garlic powder, 1 teaspoon dried oregano, and 1 teaspoon dried basil. Mix until well combined.
- Line a baking sheet with parchment paper. Transfer mixture to center and press into a 12-inch circle, about 1/4-inch thick, ensuring edges are slightly thicker to prevent cracking.
- Bake for 15-20 minutes until edges are golden brown and center feels firm when gently pressed. The surface should no longer look wet.

7 **Add toppings**

Remove crust from oven and spread 1 cup pizza sauce evenly, leaving a 1/2-inch border. Sprinkle 1 cup mozzarella cheese on top.

8 Return to oven and bake for 10-12 minutes until cheese is melted and bubbly, and edges are deep golden brown.

9 Let pizza cool for 2-3 minutes to set before slicing with a sharp knife or pizza cutter. Serve immediately while hot.

?puçlar?

Remove as much moisture as possible from the cauliflower by pressing it in a clean kitchen towel or cheesecloth after cooking. This is the most critical step for achieving a crispy crust.

Pre-bake the crust for 15-20 minutes before adding toppings to ensure it holds together and develops a golden color.

Use parchment paper on your baking sheet to prevent sticking and make removal easier.

Keep toppings minimal and avoid wet ingredients like fresh tomatoes or excessive sauce, which can make the crust soggy.

For extra crispiness, use a pizza stone preheated in the oven, or finish the pizza under the broiler for 1-2 minutes.

Season the crust generously with herbs and spices like oregano, garlic powder, and Italian seasoning for maximum flavor.

Let the pizza cool for 2-3 minutes before slicing to help it hold together better when serving.

Double the recipe and freeze extra crusts for quick future meals - they keep well for up to 3 months.