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# MAKE YOUR OWN CAULIFLOWER PIZZA BASE

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Recipe for NO FLOUR pizza base and our  
secret pizza sauce that's perfect for any  
topping.





# CAULIFLOWER PIZZA BASE

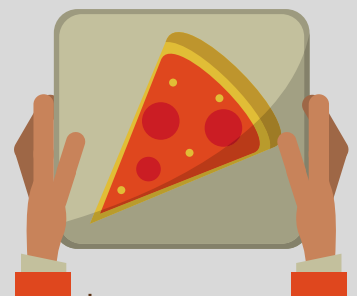
## INGREDIENTS

- 1 Medium Head of Fresh cauliflower
- 160g Grated parmesan cheese
- 2 tsp Salt
- 2 tsp Dried/fresh oregano



## DIRECTIONS

- Cut the cauliflower down to small baby florets.
- Blend in a food processor until it looks like large breadcrumbs.
- Get a clean tea towel and put the cauliflower and salt in it. Twist the cloth to squeeze the moisture (the salt helps the process. The drier the cauliflower the crisper the base).
- Put the freshly squeezed cauliflower into a bowl.
- Add the parmesan and oregano and mix well.
- Divide equally and mould into a pizza shape 2 cm deep using your hands or a spatula.
- Bake in a preheated oven 200c for about 10 minutes. (on a pizza stone if you have it).
- Allow to cool before building your pizza.



CONTAINS



KSG



# HOMEMADE PIZZA SAUCE

## INGREDIENTS

- 360g Tinned tomato
- 1 clove garlic pureed
- 14g Caster sugar
- 1 tbsp Olive oil
- 1/2 White onion diced
- 2 tbsp Basil pesto
- Salt to taste
- Pinch dried oregano
- 110g Tomato puree



## DIRECTIONS

- Sweat the onion and garlic in oil in a saucepan until soft-not brown.
- Add the tinned tomato, puree, oregano and slow cook for 1-2 hours.  
The longer you give it the better the flavour.  
Stir every few minutes to avoid sticking.
- Add the basil pesto and cook for another 10 minutes.
- Blend the sauce until smooth.
- Taste and season with salt, pepper and sugar.  
(The sugar varies depending on how sweet the tomatoes are  
no two tomatoes are ever the same).

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# Build your own Pizza

**Go wild- just keep the layers even and don't over fill- no-one wants a soggy Pizza.**

## **Step 1:**

Make your pizza sauce and bases. The sauce is even better the next day so plan ahead. It even freezes so don't be afraid to let your imagination lead you.

## **Step 2:**

Pre-heat your oven to about 210c.

## **Step 3:**

Put your pizza base on a metal oven tray. Use a large spoon and starting in the centre swirl the pizza sauce out towards the rim. Leave ½ inch to an inch free from sauce on the outside so you can get that crispy tasty crust look

## **Step 4:**

Let loose your imagination. Start with a handful of grated mozzarella or vegan cheese as the next layer. Slice your meat and veg thinly and spread it out so it will cook evenly.

## **Step 5:**

Place the pizza in the oven for 8 minutes, then check until cooked. Every oven is different to times will vary.

## **Step 6:**

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