



COOKING CLASSES
AT SUR LA TABLE

**QUICK MEAL:
CAULIFLOWER PIZZA**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Produce

- 1 large head cauliflower
- 4 Roma tomatoes
- 1 medium garlic clove
- 1 bunch fresh basil

Dairy

- 1 large egg
- 10 ounces shredded mozzarella
- 2 ounces Parmigiano-Reggiano
- 8 ounces fresh mozzarella or buffalo mozzarella

Pantry Items

- Almond meal or all-purpose flour
- Dried basil
- Garlic powder
- Dried oregano
- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil
- Flaky sea salt

Dry/Canned Goods

- 1 (14-ounce) can San Marzano whole peeled tomatoes

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Wooden spoon
- Silicone spatula
- Offset spatula (optional)
- Cheese grater
- Potato ricer or kitchen towels
- Ladle
- Silicone pastry brush
- Fork

Appliances

- Food processor
- Immersion blender (optional)

Bakeware

- 2 baking sheets

Other

- Kitchen towels
- Parchment paper

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Cauliflower Pizza with Tomato and Basil

1. Wash and dry produce.
2. Preheat oven to 425°F.

CAULIFLOWER PIZZA WITH TOMATO AND BASIL

Yield: 2 (12-inch) or 4 (8-inch) pizzas

To achieve a crispy crust that stays together, get as much water out of the cauliflower as possible. We have used a potato ricer, but if you don't have one, a kitchen towel works equally well. Transfer the cauliflower to the towel, in batches, and twist the towel to wring out the cauliflower.

Cauliflower crust:

Extra-virgin olive oil

1 large head cauliflower, stem removed, broken into florets

1 large egg, lightly beaten

1/4 cup almond meal or all-purpose flour

1/2 cup (2 ounces) mozzarella cheese, shredded

1/4 cup (1 ounce) Parmigiano-Reggiano cheese, finely grated

1 teaspoon dried basil

1/2 teaspoon garlic powder

1/2 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

Sauce:

1 (14-ounce) can San Marzano whole peeled tomatoes

1 medium garlic clove, minced

1 tablespoon extra-virgin olive oil

Kosher salt and freshly ground black pepper

Pizza:

8 ounces mozzarella cheese, shredded

4 Roma tomatoes, thinly sliced and patted dry

8 ounces fresh mozzarella or buffalo mozzarella, torn into bite-size pieces

Flaky sea salt

Extra-virgin olive oil, for drizzling

15 to 20 fresh basil leaves, torn into pieces or thinly sliced

Preheat oven to 425°F. Line 2 pizza stones or baking sheets with parchment paper and brush paper with olive oil.

1. **To prepare crust:** To a food processor fitted with a metal blade, add cauliflower. Pulse until cauliflower is finely grated. In batches, transfer cauliflower to a potato ricer lined with paper towel or cheesecloth and squeeze out as much liquid as possible. Transfer cauliflower to a medium bowl and stir in egg, almond meal, cheeses, herbs, salt, and pepper.

2. Transfer half of cauliflower mixture to each prepared baking sheet and press into a round crust, about 12" in diameter and 1/3" thick. Brush crusts with olive oil and pierce with a fork, to create holes for steam to escape. Transfer crusts to oven and bake until outside edges are golden and center is almost set, 25 to 30 minutes.

3. **To prepare sauce:** Drain liquid from tomatoes and transfer tomatoes to a small bowl. Using an immersion blender or food processor, pulse 3 or 4 times until tomatoes are puréed. Stir in garlic and olive oil. Taste and adjust seasoning with salt and pepper. Set aside.

4. **To assemble pizza:** Remove par-baked crusts from oven and top each one with 4 ounces of shredded mozzarella cheese. Ladle half of sauce over each crust, and gently spread using a silicone spatula, leaving 1/2" exposed around edge. Top with sliced tomatoes and fresh mozzarella cheese; season with salt. Transfer pizzas to oven and bake until cheese is melted, about 10 minutes. Remove pizza from oven and rest for 5 minutes.

5. **To serve:** Top pizza with a drizzle of extra-virgin olive oil, basil, and flaky salt; cut into slices and serve immediately.