BBQ CAULIFLOWER PIZZA
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SERVINGS 4
TIME 70 min
NF

INGREDIENTS:

Pizza Dough
2½ cups + 2 Tbsp (330 g) self-rising flour (add more if needed)*
1 cup (240 mL) luke warm water
2 Tbsp (30 mL) olive oil
1 tsp (5 g) salt

BBQ Cauliflower
½ head of cauliflower (about 6 cups of bite sized cauliflower florets)
¾ cup (180 mL) vegan BBQ sauce (can reduce to ½ cup (120 mL) if you want the BBQ taste to be more mild)
½ tsp garlic powder
½ tsp onion powder

Pizza Sauce
¾ cup (180 g) hummus, store-bought or homemade**
½ cup (70 g) tomato paste
1 tsp (3 g) dried oregano
1 tsp (2 g) dried basil
½ tsp (2 g) dried thyme
½ tsp (2 g) salt
¼ tsp (1 g) black pepper

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DIRECTIONS

1. Preheat the oven to 430°F (220°C).
2. To make the pizza dough: combine all the ingredients in a bowl and mix until well combined. Then knead the dough with your hands, adding a sprinkle of more flour or water if needed until you have a smooth, firm dough.
3. Cover the dough with a clean kitchen towel and let it rest about 20 minutes.
4. To make the BBQ cauliflower: add the cauliflower florets to a parchment lined baking tray.
5. To a small bowl, add the BBQ sauce, garlic powder, and onion powder, and stir to combine. Pour half of the sauce over the florets, and toss to coat. Reserve the other half of the BBQ sauce for later.
6. Spread out the BBQ florets evenly on the baking tray, and bake in the oven for 20 minutes, flipping once halfway.
7. To make the pizza sauce: to a bowl, combine the hummus, tomato paste, oregano, basil, thyme, salt, and pepper. Stir and set aside.
8. Lightly coat a work surface with flour. Divide the dough into two balls and roll the dough out, using a rolling pin, to the size of your baking dish - ours was 25 x 35 cm. Continue to lightly flour your working surface and your rolling pin to prevent sticking.
9. By now, the cauliflower should be done baking. When removed from the oven, transfer the cauliflower to a bowl, and pour over the remaining half of the BBQ sauce. Toss to coat.
10. Line two baking trays with parchment paper, and transfer the rolled out pizza dough to the lined baking trays. If you'd like, you can pinch the edges of the dough around the perimeter, to create a little raised crust.
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12. Divide the hummus and tomato pizza sauce over both pizza bases, and spread it out evenly over the surface.

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Garlic Yogurt Sauce

¾ cup (180 mL) unsweetened plant-based yogurt (we used soy)
2 cloves garlic, crushed
¼ tsp salt

Garnish

1 stalk scallions, thinly sliced

DIRECTIONS

13. Divide and distribute the BBQ cauliflower florets over top of both pizzas.

14. Bake the pizza in the preheated oven for 20 minutes, or until the crust is lightly golden, stopping to flip the position of the pizzas in the oven once at the halfway point.

15. To make the garlic yogurt sauce: combine the yogurt, garlic, and salt in a bowl, and stir to combine.

16. When the pizzas are ready, drizzle some of the garlic yogurt sauce on top, and sprinkle over the sliced scallion.

NOTES

* Self-rising flour is regular all-purpose flour, but with baking powder, and sometimes salt, added to it. You can find self-rising flour at most grocery stores, in the same place you might find regular flour.

** Variations: try different kinds of flavours of hummus for the pizza sauce. We used spicy hummus, but you could also try other flavours that are available to you.

Storage: best if enjoyed immediately. The pizza can be stored in an air-tight container in the fridge for up to 3 days.