Prep time: 10 minutes | Cook time: 35–40 minutes | Total time: 45–50 minutes

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Equipment

- Blender or food processor

- Mixing bowl

- 10–12 inch (25–30 cm) round baking pan or pizza pan
- Parchment paper
- Spatula
- Wire cooling rack

Instructions

Step 1: Preheat the Oven

Preheat your oven to 190°C (375°F). Line a round baking pan with parchment paper and lightly grease it to prevent sticking.

Step 2: Drain the Cottage Cheese

Place the cottage cheese in a fine-mesh strainer and press gently to remove excess liquid, about 2–3 minutes. Excess moisture is the most common cause of a soggy crust, so don’t skip this step. If your cottage cheese is very wet, pat it dry with paper towels.

Step 3: Blend the Base

Add the drained cottage cheese and eggs to a blender. Blend on high for 30–45 seconds until completely smooth with no visible curds. The mixture should be pourable, like a thick batter.

Step 4: Season the Batter

Pour the blended mixture into a bowl and stir in salt, pepper, garlic powder, oregano, and Parmesan (if using) until evenly combined.

Step 5: Spread Into the Pan

Pour the batter onto the prepared pan and spread it evenly with a spatula into a thin, uniform circle, about ¼ inch (6 mm) thick. Keep the edges slightly thicker than the center to prevent tearing.

Step 6: Par-Bake the Crust

Bake on the center rack for 20–25 minutes, until the crust is set, firm to the touch, and the edges are beginning to turn golden. It should no longer look wet or jiggly in the center.

Step 7: Flip for Crispness (Optional but Recommended)

Remove the pan and carefully flip the crust using a spatula or by inverting it onto a plate and sliding it back onto the pan. Return to the oven for 5–7 minutes to crisp the underside. This step is the key to a genuinely crispy base.

Step 8: Add Toppings

Spread pizza sauce over the crust, leaving a ½-inch border. Add cheese and your chosen toppings, distributing them evenly and not overloading the center.

Step 9: Final Bake

Return to the oven and bake for 10–12 minutes, until the cheese is melted and bubbling and the crust edges are deep golden brown.

Step 10: Rest and Slice

Let the pizza rest on a wire rack for 3–5 minutes before slicing. Resting allows the crust to firm up so slices hold together cleanly. Slice and serve hot.

Time and Intensity Guide

Stage	Time	Intensity Level
Preheating oven	10–12 min	Low (passive)
Draining cottage cheese	2–3 min	Low (active, light)
Blending batter	1 min	Low
Seasoning and mixing	2 min	Low
Spreading into pan	3 min	Medium (even spreading matters)
Par-baking crust	20–25 min	Low (passive)
Flipping crust	2 min	Medium–High (careful handling)
Adding toppings	3–5 min	Low
Final bake	10–12 min	Low (passive)
Resting and slicing	3–5 min	Low

Overall intensity: Low to Moderate — brief hands-on moments with mostly passive oven time.

Tips for the Crispiest Crust

- Drain well. Moisture is the top enemy; squeeze or strain cottage cheese thoroughly.

- Blend until completely smooth. Any remaining curds create weak spots that tear.

- Par-bake fully. The crust must be firm and dry before toppings go on.
- Don’t overload toppings. Heavy, wet toppings steam the crust and soften it.
- Use a hot pan or preheated surface. A preheated baking pan or pizza stone boosts bottom crispness.
- Cool on a rack. Trapping the crust on a hot pan causes condensation and sogginess.

Variations

- Herb-Garlic Crust: Add ½ teaspoon onion powder and extra oregano to the batter.
- Spicy: Stir in ¼ teaspoon cayenne or chili flakes.
- Thicker Crust: Use an 8–9 inch pan and add 3–4 minutes to the par-bake.
- Dairy-Free Option: Use a firm plant-based cottage cheese alternative; results may vary in texture.

Serving Suggestions

Serve as a protein-forward pizza night main with a side salad, roasted vegetables, or a drizzle of olive oil and fresh basil. It also works well as an appetizer cut into small squares.

Nutrition Information (per serving)

Based on 3 servings, crust only (with optional Parmesan, without toppings); values are approximate.

Nutrient	Amount per Serving
Calories	~165 kcal
Total Fat	8 g
— Saturated Fat	4 g
Carbohydrates	4 g
— Dietary Fiber	0 g
— Sugars	3 g
Protein	18 g
Sodium	~430 mg
Calcium	~10% DV
Cholesterol	~135 mg