

Crispy Sesame Cauliflower



Ingredients

For the Cauliflower:

- ½ cup all-purpose flour
- ½ cup cornstarch
- ½ teaspoon salt
- 2 eggs
- 1 head cauliflower, cut into bite-size florets
- sesame seeds for garnish

For the sauce:

- 1 teaspoon sesame or vegetable oil

Info

- **Prep:** 10
- **Cook:** 30
- **Serves:** 4
- [Source](#)

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Rate

- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced (optional)
- 2 tablespoons honey (or sugar)
- 2 tablespoons rice vinegar or apple cider vinegar
- 2 teaspoons cornstarch
- ¼ cup soy sauce

Directions

1. In a large shallow bowl combine the flour, cornstarch and salt. In another bowl, whisk the eggs. Dip cauliflower florets in the egg mixture then into the flour mixture.
2. To bake cauliflower: Preheat the oven to 420 degrees. Line a baking tray with parchment paper. Transfer breaded cauliflower to baking sheet. Spray with coking spray or drizzle with oil. Bake for 30 minutes, turning halfway.
3. To fry cauliflower: Heat 1 cup oil in a medium pan on medium high heat. Place cauliflower in oil once it's heated and cook for 3-5 minutes or until golden.
4. To make sauce: while the cauliflower is cooking, prepare the sauce. Pour oil to a medium frying pan over medium-high heat. Add the ginger and garlic and cook for 1 minute or until garlic begins to brown. Add all the remaining ingredients and bring it to a boil. Whisk until smooth and thick.
5. Once the cauliflower has browned, remove it from the oven or oil and place it in a large bowl. Pour sauce over cauliflower and toss until fully coated. Sprinkle with sesame seeds and serve immediately. with rice, noodles, veggies or alone..

[ginger](#), [honey](#), [rice vinegar](#), [apple cider vinegar](#), [soy sauce](#), [cauliflower](#), [sesame seeds](#), [eggs](#)

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