



Gameday Buffalo Cauliflower

SERVES 6



Recipe by: Executive Chef, Jason Matthews, Lifespace Claridge Court



Gameday Buffalo Cauliflower

SERVES 6 / 1 CUP

Ingredients

Peanut Oil	1	Cup
Corn Starch	1/2	Cup
Flour	1/2	Cup
Baking Powder	1/2	tsp.
Sea Salt	2	tsp.
Cold Water	1/2	Cup
Beer or Soda Water	1/2	Cup
Buffalo Wing (Hot) Sauce	1/3	Cup
Agave Syrup or Honey	1/4	Cup
Fresh Garlic – Chopped	1-1/2	tsp.
Cauliflower	6	Cups
Celery Sticks	12	Sticks
Blue Cheese Dressing	1-1/2	Cups
Blue Cheese Crumbles	1/2	Cup

Directions

1. Preheat oven to 325 degrees and oil in a large or high walled pot to 350 degrees.
2. Wash all produce before use.
3. Trim & pull apart globes of cauliflower, cut in half or leave whole depending on size, they should be about bite sized.
4. Combine corn starch, flour, salt, water, and beer or soda water, and mix evenly until a light batter is formed, reserve.
5. In a saucepan combine hot sauce, syrup, and garlic.
6. Bring to a boil and reduce to a simmer.
7. Allow to simmer for about 10 to 15 minutes or until desired consistency, keep warm and set aside.
9. Carefully dunk and coat cauliflower with the batter.
10. Next slowly, deliberately, and very carefully (to avoid splatter and splashing) place coated cauliflower pieces, individually, into hot oil and fry until light golden brown and crispy, about 3-5 minutes.
11. Remove with holed spoon or tongs, and allow to drain for a few minutes on absorbent paper .
12. While still hot place cauliflower in a bowl, add sauce and toss until coated.
13. Lay out evenly onto a parchment lined baking sheet and cook in oven for about 10 minutes.
14. Arrange on plate and garnish with Celery and Blue Cheese Crumble and blue cheese dressing.

