



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

BUFFALO CAULIFLOWER BITES



These tasty treats are a great alternative to chicken wings.



00 HR 50 MINS



Serves 4



INGREDIENTS

- 1/2 cup vegan butter (or regular butter)
- 1/2 hot sauce

- 2 teaspoons Worcestershire
- 2 tablespoons vinegar
- 1/2 teaspoons pepper
- 1/4 teaspoons salt

INGREDIENTS: CAULIFLOWER BITES

- 3/4 cup flour
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup almond milk
- 1 head cauliflower
- 1/4 cup buffalo sauce or hot sauce (homemade)
- 2 tablespoons coconut oil
- 1 tablespoon honey

METHOD

Buffalo sauce:

Preheat a saucepan medium enough to let the butter melt. Add ingredients and occasionally stir to fully incorporate. Once all incorporated sauce is ready to go.

Cauliflower bites:

Start by preheating the oven to 450°F. In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.

Break the head of cauliflower into florets, about 1½-inches wide. The leaves on cauliflower are edible, but they do have a stronger flavor, somewhat similar to collard greens. Instead of throwing them away, you can save them to make stock. The same goes for the stems.

Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway. Flipping halfway ensures that the cauliflower gets cooked evenly

Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Don't be afraid to experiment with other sauces you enjoy, like bbq for example. Make it your own.

Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes flipping halfway at 10 minutes to brush the other side. You can also add your bites directly to the sauce to mix, but make sure they're nice and crispy or they might break apart.