

# plantifully based

## SPICY SESAME CAULIFLOWER WINGS

### INGREDIENTS

#### CRISPY CAULIFLOWER

1 head of cauliflower, broken into florets [around 650-700g]

3/4 cup panko breadcrumbs [45g]

6 tbsp (about 1/3 cup) fine breadcrumbs [60g]

\*if you want to just use 1 kind of breadcrumbs you can use 1 and 1/4 cups

1/2 cup chickpea flour [60g]

3/4 cup water

#### SAUCE

3 tbsp soy sauce, low sodium [45ml]

1 tbsp rice vinegar [15 ml]

1/4 cup grade A maple syrup [60ml]

1/2 tsp ground ginger

1/2 tsp red pepper flakes (or to taste)

1 cup water

1 tbsp sesame oil [15ml]

Cornstarch slurry: 2 tbsp cornstarch + 2 tbsp water

2-3 stalks of green onion, chopped

Sesame seeds for garnish

### METHOD

1. Preheat oven to 425F (218C).
2. Cut the cauliflower in half and cut the green bottom off.
3. Break the cauliflower into medium sized florets. Then cut the stems off. The florets should all be around the same size.
4. Prepare chickpea flour "egg" wash by adding chickpea flour and water into a bowl and mix together until smooth.
5. Add the breadcrumbs into a big bowl.
6. Using one hand add a floret into the chickpea flour "egg" wash and drip off excess.
7. Then using the other hand coat the floret in the breadcrumbs. I also like to sometimes shake the bowl to coat it. Using a wet hand and dry hand will help make the process more efficient.
8. Place the cauliflower on a baking sheet lined with parchment paper.
9. Once they are all on baking sheet place in the oven for 20-25 minutes. They will be golden and look dry when they are done.
10. While they cook prepare the sauce. First, make the cornstarch slurry by adding the water and cornstarch to a small bowl and whisking together.
11. Then in a big bowl or measuring add all of the sauce ingredients (not the slurry yet). Whisk together.
12. Once it is whisked add the slurry in and whisk again.
13. Heat the sauce up on a low heat in a pot on the stove. It should start out light brown and milky looking and turn dark and slightly more transparent. Stirring it every so often for about 5-10 minutes.
14. Once the cauliflower is done cooking let it cool for 15 minutes before tossing in the sauce.
15. In a big bowl add some of the green onion, half of the sauce and the cauliflower. Then add a little more sauce on top and coat. I like to add some sauce and then toss to make sure everything is getting evenly coated.
16. Place in a bowl as an appetizer or serve with rice for dinner. Garnish with more green onion and sesame seeds.

