

ORANGE CAULIFLOWER "Chicken"

With Raven Tuffin, EFNEP Educator

Orange Cauliflower "Chicken"

This recipe is a great way to get the kids to try a new vegetable! Using a familiar favorite usually found at your favorite Chinese food restaurant give this orange cauliflower "chicken" a try!

Ingredients:

Nonstick cooking spray
2 cups milk (2% , fat free, or non-dairy)
2 cups all purpose flour
2 teaspoons sea salt
1 cauliflower, cut into 1 ½ inch florets
1 tablespoon vegetable oil
3 cloves garlic, minced
¼ teaspoon red pepper flakes
½ cup orange juice
½ cup brown sugar
¼ cup distilled white vinegar
¼ cup low sodium soy sauce
2 tablespoons cornstarch
2 tablespoons water
1 teaspoon sesame oil
3 green onions (scallions), thinly sliced for garnish
White rice for serving

Supplies needed:

Baking sheet
Parchment Paper
Oven

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Directions:

1. Preheat the oven to 450°F. Line a baking sheet with parchment paper and grease with nonstick cooking spray.
 2. In a medium bowl, whisk together the milk, flour, and salt.
3. One at a time, dip each cauliflower floret in the batter to coat, letting any excess batter drip off. Arrange the battered cauliflower on the prepared baking sheet, making sure to space them out so they are not touching.
4. Once all cauliflower is battered and laid on a baking sheet, lightly spray them with nonstick cooking spray.
5. Bake for 30-35 minutes, until the coating is crispy and beginning to brown.
6. While the cauliflower is baking, go ahead and make your sauce: Heat the canola oil in a skillet over medium heat. When the oil is shimmering or easily moves across the pan, add the garlic, red pepper flakes and ginger. Cook for 2-3 minutes, until you can smell the spices. Make sure to stir frequently to avoid burning.
7. Add the orange juice, brown sugar, vinegar, and soy sauce. Cook for another 2-3 minutes, until the brown sugar dissolves and the mixture begins to simmer.
8. In a small bowl, stir together the cornstarch and cold water with a fork.
 9. Add the slurry (cornstarch and water mixture) to the sauce in the skillet, stirring to combine. Simmer for another 2 minutes, until the sauce thickens. Mix in the sesame oil, then pour the sauce out of the skillet into a bowl.
 10. Toss the hot cauliflower florets in the sauce until well coated.
11. Serve the cauliflower over rice and garnish with the green onions (scallions).
12. Enjoy!

Food Safety Tip: Make sure to wash the cauliflower before starting.

Chef Tip: *Read through the recipe entirely before starting. Measure and set out all ingredients before starting. Happy cooking!*