

Sesame Cauliflower Wings

Serves 4

Allergen Notes: Contains sesame, soy, wheat.



VEGAN



VEGETARIAN



DAIRY FREE



Ingredients

- 1 medium head cauliflower
- 1/3 cup whole wheat flour
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder

Garnish

- 1 stalk green onion, thinly sliced
- 1 tablespoon sesame seeds

For sauce

- 1/3 cup reduced sodium tamari
- 1/4 cup tomato paste
- 2 tablespoons maple syrup
- 1 tablespoon sesame oil
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, minced

Directions

1. Preheat oven to 450°F. Line a baking sheet with parchment paper or a silicone mat.
2. Separate cauliflower into small to medium florets, cutting off the stems if desired.
3. In a medium bowl, combine flours, 3/4 cup water, salt, and garlic powder. Stir until smooth and add more liquid as needed to reach a batter consistency. It should be thick enough to coat the back of a spoon but thin enough to drip off in a stream.
4. Dip each floret in the batter, shaking off the excess. You can also rub your hand over the floret to help wipe away some of the excess batter. Place the dipped florets onto the baking sheet, leaving some space between each one.
5. Bake for 10-13 minutes or until batter becomes drier and harder. Meanwhile, combine remaining ingredients except green onion and sesame seeds to make the sauce. The sauce should be the consistency of a slightly thinner barbecue sauce.
6. Increase oven temperature to 500°F.
7. Use a flat spatula to loosen cauliflower from the baking sheet. Dip florets into the sauce, shaking off the excess, and place on the baking sheet again. Reserve leftover sauce.
8. Bake for 10-12 minutes, or until tender and sauce begins to brown slightly. Dab cauliflower with remaining sauce. Remove from oven and garnish with green onion and sesame seeds.

Notes

- To make this recipe wheat-free and gluten-free, do not batter the cauliflower – just toss with 2 tablespoons of oil and roast it. Be sure to also use gluten-free tamari or soy sauce. To make this recipe sesame-free, replace the sesame oil with other oil and omit the sesame seeds.
- Other sauce ideas: Buffalo, teriyaki, or gochujang.

Recipe from [“Spring Seasonal Vegetables” cooking class, Spring 2019](#)