

Sesame Glazed Cauliflower “Wings”

For the sauce:

- 1/2 cup soy sauce
- 1/4 cup honey (agave or maple syrup for vegan)
- 1/2 tablespoon grated fresh ginger
- 1 tablespoon sesame oil
- 1/4 cup rice vinegar
- 1-2 sliced scallions
- 1 tablespoon sesame seeds

For the cauliflower:

- 1 large head cauliflower
- 1 cup flour (either brown rice flour or all-purpose flour will work)
- 1 cup milk (plant based will work also)
- 1 tsp garlic powder
- Optional: sesame seeds and/or sliced scallions for garnish

For the sauce:

1. Combine all the sauce ingredients in a bowl and whisk together. Set aside.

For the cauliflower:

1. Preheat your oven to 450°F, and spray a baking sheet with oil or cooking spray.
2. Cut the cauliflower into florets. The smaller they are, the faster they will cook and softer they will get.
3. Whisk together the remaining ingredients in a bowl.
4. Toss the cauliflower in the batter until thoroughly coated.
5. Arrange the cauliflower on a baking sheet in a single layer.
6. Bake for 15-20 minutes, or until slightly less done than you like them.
7. Remove from the oven and pour the sauce over the cauliflower. See note below.
8. Return to the oven for another 5 minutes or so or until the cauliflower is completely tender.
9. Place the cauliflower on a serving plate or bowl, and if desired, sprinkle with some additional scallions and/or sesame seeds.

Note: From original cook. This does make quite a bit of sauce so you can pour all of it over the cauliflower and let cook down in the oven or only pour some of the sauce over and use the rest for dipping.

From me, Barbara: I have changed the recipe to double the batter, as I always end up needing more.

I add some sauce to the batter before dipping the cauliflower.

Try reducing the sauce to thicken before pouring it over the wings. (And that will mean doubling the sauce part as well.)