

Spicy Red Curry Cauliflower Wings

Amazing, spicy red curry cauliflower wings that are baked not fried and are gluten free, plant-based, and require just 9 ingredients.

Batter

3/4 cup brown rice flour or chickpea flour

1/4 tsp sea salt

1/2 tsp curry powder

2 tsp tandoori masala spice (see note)

1/2 cup unsweetened plain plant-based milk (your choice)

6-8 Tbsp water

Cauliflower

1 head cauliflower, large stalks removed, cut/torn into bite-sized pieces

Sauce

1/4 cup red curry paste (ensure vegan friendly)(Thai True or Thai Kitchen are best)

2 tsp melted coconut oil

2-3 tsp maple syrup (to taste)

Water to thin (2-3 Tbsp)

Green Chutney for serving

1 recipe 5-Minute Green Chutney (follows)

Procedure

1 Preheat oven to 450° F (232 C) and line a baking sheet with parchment paper (important or the wings will stick).

2 Next, prepare the batter. Mix dry ingredients together, and then add plant-based milk and 6 Tbsp water to start. Stir with a whisk or fork until well combined. You want the batter to be thick but pourable so it can adhere to the cauliflower-too runny and it won't stick. Add only enough water until you reach the right consistency. Add more brown rice flour if it becomes too thin.

3 Once the oven is preheated, add the cauliflower to the batter to coat. Shake off any excess and place on baking sheet. Give each piece 1-inch of room to prevent sogyness.

Depending on the size of your cauliflower this may require cooking on two baking sheets or two batches.

4 Bake for 25 minutes. In the meantime, prepare the sauce by whisking together the curry powder, coconut oil, and maple syrup. Add just a bit of water to thin so it has a glaze consistency.

5 Once the cauliflower has finished baking, remove from the oven and dip/toss in the glaze 1-2 pieces at a time. Shake off any excess, then place back on baking sheet and bake for another 20-25 minutes, or until browned on the edges and the glaze has caramelized.

6 While baking, prepare chutney (optional).

7 Let cauliflower cool slightly and then serve immediately. Best when fresh. The wings can be frozen (either at the glazed stage or the glazed and baked stage) and then reheated in a 350° oven until warmed through.

Servings: 6

Recipe Type: Vegan

Recipe Tips

Tandoori Marsala blend can be purchased at Whole Foods or I have found it at Wegman's however, you can make your own Tandoori Marsala Blend by combining 3 Tbsp ground cumin, 2 Tbsp garlic powder, 2 Tbsp smoked paprika, 3 tsp ground ginger, 2 tsp ground coriander, 2 tsp ground cardamom. Multiply as needed.

5 Minute Green Chutney

1 bunch fresh cilantro (~3 ounces), stems mostly removed

3 cloves garlic, crushed

Salt + pepper to taste (~ 1/4 tsp each)

1 large lime, juiced (or sub lemon)

1 Tbs sweetener (such as cane sugar, maple syrup, or honey if not vegan), plus more to taste

Water to thin (1-2 Tbsp)

OPTIONAL: 1-2 Tbsp ripe avocado for extra creaminess.

Procedure

Prepare chutney. Use a small food processor, mortar and pestle, or a spice grinder* to combine all ingredients until well blended and pureed. (A blender may work, depending on size - the smaller the better).

Add only enough water to encourage blending. Taste and adjust seasonings, adding more garlic, salt, sweetener, or lime as desired.