



# SWEET CHILI DEEP FRIED CAULIFLOWER

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I chose this recipe because lately many individuals have been using cauliflower as a supplement for starch and I think it's great!

## DIRECTIONS:

1. Preheat your oil to 350.
2. Wash and cut flowerets.
3. In a bowl combine your eggs, milk and salt.
4. In a separate bowl combine flour and spices.
5. Coat flowerets well in egg mixture and then in the flour mixture.  
\*HACK\* shake in two separate baggies
6. Deep fry in small batches for 4-5 minutes or until golden brown.
7. Drain on paper towel.
8. While they are draining set your oven to broil mode.
9. LIGHTLY toss in thai sweet chili sauce- used the brand Golden Dragon
10. Broil for 3-4 minutes (keep your eyes on them everyone's oven is different!)
11. Garnish with green onions if you'd like!
12. Try this with different sauces as well such as honey garlic or buffalo!

## INGREDIENTS:

1 large washed cauliflower  
1 tsp milk  
1 1/2 tsp salt  
2 eggs  
oil (for deep frying)  
thai sweet chili sauce  
1 1/2 cups flour  
1 tsp garlic powder  
1/4 tsp black pepper  
1/2 tsp cayenne pepper  
1 tsp dried oregano  
1 tsp dried thyme  
1/4 tsp smoked paprika