



## **Asian Firecracker Cauliflower Bites+Sweet & Spicy Firecracker Sauce+Salted Ginger Spritz**

By Dylan Sabuco

**Prep Time 25 / Cook Time 20 / Serves 4 - 6**

### **Shopping List**

- FRESH
- 1 small head of cauliflower (yellow, purple, or white all work fine)
- EGGS
- 2 eggs **\*\*(see allergy subs below)\*\***
- PANTRY
- 1 C panko bread crumbs **\*\*(see allergy subs below)\*\***
- 1/4 C all-purpose flour **\*\*(see allergy subs below)\*\***
- 2 1/4 tsp salt
- 3/4 tsp ground black pepper
- 1 1/2 tsp garlic powder
- 2 1/2 tsp ground ginger
- 1/4 C vegetable oil **\*\***
- 1 tsp red pepper flakes **\*\*(see allergy subs below)\*\***
- 1 1/4 C granulated sugar
- 2 tsp cornstarch
- 4 C sparkling water
- HAVE ON HAND

- 1/2 C water
- 2 C ice, optional

## Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

## Equipment

- Pitcher
- Measuring cups
- Measuring spoons
- Wooden spoon
- Large skillet
- Medium saucepan
- Mixing bowls
- Cutting board
- Kid-safe knife
- Whisk
- Spatula turner or tongs

Plate

Paper towels

## Ingredients

### Asian Firecracker Cauliflower Bites with Sweet & Spicy Firecracker Sauce

1 small head of cauliflower (yellow, purple, or white all work fine)

2 eggs **\*\*(for EGG ALLERGY sub 2 T ground flaxseeds + 1/4 C water, stirred)\*\***

1 tsp salt

1/2 tsp ground black pepper

1 tsp garlic powder

1/2 tsp ground ginger

1 C panko bread crumbs **\*\*(for GLUTEN ALLERGY sub gluten-free panko-style coating)\*\***

1/4 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub 1/4 C gluten-free/nut-free all-purpose flour)\*\***

1 pinch salt

1 pinch ground black pepper

1/4 C vegetable oil **\*\***

Sauce:

1/2 C water

1 tsp red pepper flakes **\*\*(Omit for NIGHTSHADE ALLERGY)\*\***

1/2 C granulated sugar

2 tsp cornstarch

1 tsp ground ginger

1/2 tsp garlic powder

1 pinch salt

1 pinch ground black pepper

### Salted Ginger Spritz

1 tsp salt

1 tsp ground ginger

- 3/4 C granulated sugar
- 4 C sparkling water
- 2 C ice, optional

## Food Allergen Substitutions

### Asian Firecracker Cauliflower Bites with Sweet & Spicy Firecracker Sauce

**Gluten/Wheat:** Substitute gluten-free panko-style coating for panko bread crumbs. Substitute gluten-free/nut-free all-purpose flour.

**Egg:** For 2 eggs, substitute 2 T ground flaxseeds + 1/4 C water and stir until absorbed and thickened.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

**Nightshade:** Omit red pepper flakes in the sauce.

### Salted Ginger Spritz

## Instructions

### Asian Firecracker Cauliflower Bites with Sweet & Spicy Firecracker Sauce

#### intro

"Nǐ hǎo" (Nee how) or "Hello" in Chinese! Firecracker cauliflower is the Sticky Fingers Cooking® version of the Firecracker Shrimp appetizer. Simply put, it is shrimp that is breaded and fried, then tossed in a sweet and spicy chili sauce. This recipe will follow that same formula, but we will be using cauliflower instead of shrimp for a vegetarian twist.

#### chop

Start by roughly chopping **1 head of cauliflower** into bite-sized chunks. You are going for roughly the size of a small chicken-nugget-sized cauliflower chunk. Place the cauliflower in a large bowl.

#### season + toss

Measure and add the following ingredients to the bowl of cauliflower: **2 eggs, 1 teaspoon salt, 1/2 teaspoon black pepper, 1 teaspoon garlic powder**, and **1/2 teaspoon ground ginger**. Toss to coat the cauliflower.

#### superstar food spotlight

Cauliflower is quite a vegetable. A single floret of cauliflower contains 10 percent of your daily vitamin C, even more vitamin C than oranges contain. Cauliflower also comes in four vibrant colors, can be cooked using various methods, and every bite makes your gums and skin healthier.

### measure + toss

Measure the following ingredients into a separate bowl: **1 cup panko bread crumbs, 1/4 cup flour, 1 pinch of salt,** and **1 pinch of black pepper.** Whisk a few times to combine. Then, toss each piece of cauliflower individually in the seasoned flour mixture. Place the coated cauliflower on a cutting board or other flat surface while you finish coating all the cauliflower.

### sauté + stir

Heat **1/4 cup vegetable oil** in a large skillet over medium heat. Once heated, add the breaded cauliflower in a single layer. Sauté for 4 to 5 minutes on the first side, then flip the cauliflower over and continue to cook for another 2 to 3 minutes or until the cauliflower is golden brown. Try counting to 10 in Chinese while you stir: 1 yī (eee), 2 èr (arr), 3 sān (sahn), 4 sì (ssuh), 5 wǔ (woo), 6 liù (lee-oh), 7 qī (tchee), 8 bā (bah), 9 jiǔ (j-oh), 10 shí (shir).

### absorb

Place the golden brown cauliflower on a paper-towel-lined plate before serving to absorb any excess oil.

### measure + simmer

Now we'll make the sauce. Measure the following ingredients and pour them into a saucepan: **1/2 cup water, 1 teaspoon red pepper flakes, 1/2 cup sugar, 2 teaspoons cornstarch, 1 teaspoon ground ginger, 1/2 teaspoon garlic powder, 1 pinch of salt,** and **1 pinch of black pepper.** Bring the mixture to a simmer over medium heat for 10 minutes, stirring occasionally.

### drizzle + devour

Once the sauce is thickened and sticky, drizzle it all over your Asian Firecracker Cauliflower Bites. Eat and enjoy!

## Salted Ginger Spritz

### measure + whisk

Measure the following ingredients into a pitcher: **1 teaspoon salt, 1 teaspoon ground ginger,** and **3/4 cup sugar.** Whisk the ingredients together until fully combined.

### pour + cheers

Pour in **4 cups sparkling water** and stir until the salt, ginger, and sugar are completely dissolved. Add **2 cups ice,** if using, and stir a few more times before pouring into cups. "Ganbei" (gahn bay) or "Cheers" in Chinese!

## Featured Ingredient: Cauliflower!

Hi! I'm Cauliflower!

"I'm a vegetable with a head full of flowers—actually, flower buds. I'm a cauliflower, and my florets (also called curds) are a tight bunch! They are often white, but you might see cauliflowers with green, orange, and purple heads. We also have a variety called Romanesco broccoli (they like to be different), which is green with spiral, spiky-looking florets! Cauliflower is a great gluten-free substitute for a pizza crust, and you can make a yummy, low-carbohydrate version of mashed potatoes with me, too!"

## History

Cauliflower is a cousin of kale, cabbage, brussels sprouts, kohlrabi, collard greens, and broccoli. These vegetables (including cauliflower) are descendants of the same wild vegetable called "Brassica oleracea." Brassica oleracea is native to the southern and western coasts of Europe (find these areas on your map!). Over several generations, farmers have selected different features of the Brassica oleracea. From these selections, each of the original species' modern-day relatives was born: cabbage, kale, brussels sprouts, kohlrabi, broccoli, collard greens, and cauliflower.

These modern-day vegetables are called cultivars. They are different varieties of the same original plant bred to have desirable qualities for human purposes—in this case, to eat!

Cauliflower is quite a noble vegetable. History tells us that the French King Louis the 14th demanded that cauliflower be present at every feast.

China is the largest harvester of cauliflower in the world. China produces an estimated ten million tons of cauliflower and broccoli per year.

## Anatomy & Etymology

The head of the cauliflower (what we eat!) is actually undeveloped flowers! It's true! Each flower is bonded to its neighboring flower so that together, they form a tightly-packed head of "curds."

Cauliflowers can be purple, green, orange, yellow, or white!

Cauliflower develops coarse, green leaves that grow in a rosette shape. The leaves are attached to the stalk, which is centered and sturdy enough to hold the cauliflower's large, heavy white head.

These giant leaves grow up and over the cauliflower head to protect it. Cauliflower will stay white if farmers "blanch" it or cover the heads to shield them from the sun. When cauliflowers are the size of tennis balls, farmers cover them with their biggest outer leaves and tie them at the top. Farmers give the cauliflower leaves a haircut at harvest time and trim the huge leaves closer to the cauliflower head.

If cauliflower heads are not covered as they grow, they will turn dull yellow. Yellow cauliflowers actually have MORE vitamins than white cauliflower because the sun has allowed the heads to develop phytonutrients or special plant vitamins. Heirloom varieties of cauliflower are naturally bright purple, green, or orange and are also high in phytonutrients.

Cauliflower is a bit of a picky vegetable. It doesn't like to grow in too hot or too cold temperatures. It also prefers a very comfortable environment free from pests like insects (as we imagine, would most veggies and fruits!). Cauliflower is especially prone to insect infestations.

The word "cauliflower" may be from the French "chou-fleur" or from the Italian "cavolfiore," which both

mean "cabbage flower."

## How to Pick, Buy, and Eat

Cauliflowers are picked when they have reached the expected size and texture.

When buying cauliflower, look for compact heads where the curds (individual florets) are not separated but tightly packed together. Avoid heads that have blemishes or spots on them.

Store raw cauliflower in a paper or plastic bag in the fridge for up to a week.

Cauliflowers can be eaten raw, cooked, or pickled. (They're delicious pickled!)

You can sauté cauliflower leaves in butter (just ask Nigella Lawson!).

You can also rice cauliflower florets or curds by pulsing them in a food processor for a great low-carb alternative to white rice.

## Nutrition

One cup of raw cauliflower has more vitamin C than an orange!

Cauliflower has quercetin, a pigment that helps protect our veins and arteries, the tubes that transport our blood!

Cauliflower is high in fiber, which helps us digest our food.

Our bodies are basically giant collections of cells. Every organ, every inch of skin, every body part is made up of millions of invisible cells that each have their own job in keeping us healthy.

Antioxidants are nutrients that clean our body's house to keep our cells happy and healthy. Fruits and vegetables provide these antioxidants, and cauliflower is an excellent source, keeping our internal house clean and healthy