



Korean Fried Cauliflower (Vegan)



Vegetarian



Vegan



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



4529 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 head cauliflower cut into 1-inch florets
- ☐ 1 soy sauce sweet
- ☐ 0.5 cup cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 2 quarts vegetable oil; peanut oil preferred
- ☐ 4 spring onion finely sliced

- ☐ 0.3 cup sesame seed plus more for garnish toasted
- ☐ 0.3 cup coconut flakes unsweetened
- ☐ 0.5 cup vodka
- ☐ 0.5 cup water cold

Equipment

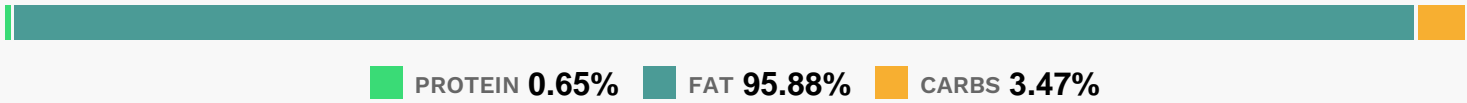
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ wok
- ☐ spatula
- ☐ dutch oven
- ☐ deep fryer

Directions

- ☐ Preheat oil to 350°F in a large wok, Dutch oven, or deep fryer.
- ☐ Combine cornstarch, flour, baking powder, 2 teaspoons kosher salt, sesame seeds, and coconut in a large bowl and whisk until homogenous.
- ☐ Add water and vodka and whisk until a smooth batter is formed, adding up to 2 tablespoons additional water if batter is too thick. It should have the consistency of thin paint and fall off of the whisk in thin ribbons that instantly disappear as they hit the surface of the batter in the bowl.
- ☐ Add cauliflower to batter. Working one at a time, lift one piece and allow excess batter to drip off. Carefully lower into hot oil. Repeat with remaining cauliflower until wok or fryer is full. Do not crowd pan. (You'll be able to fit about half of the cauliflower in each batch). Fry, using a metal spider or slotted spatula to rotate and agitate pieces as they cook until evenly golden brown and crisp all over, about 6 minutes.
- ☐ Transfer to a paper towel-lined plate and season immediately with salt. Keep warm while you fry the remaining cauliflower.

Toss fried cauliflower with sauce and serve immediately, sprinkled with extra sesame seeds and scallions.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:10.81, Inflammation Score:-8, Nutrition Score:24.9134780635%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 4529.43kcal (226.47%), Fat: 484.54g (745.45%), Saturated Fat: 85.11g (531.91%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 33.15g (12.05%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 303.86mg (13.21%), Alcohol: 10.02g (100%), Alcohol %: 1.71% (100%), Protein: 7.34g (14.68%), Vitamin E: 74.54mg (496.94%), Vitamin C: 71.65mg (86.85%), Vitamin K: 50.5µg (48.1%), Manganese: 0.86mg (42.98%), Copper: 0.67mg (33.55%), Folate: 130.97µg (32.74%), Fiber: 6.38g (25.53%), Iron: 3.84mg (21.32%), Vitamin B1: 0.31mg (20.38%), Vitamin B6: 0.4mg (19.93%), Calcium: 197.03mg (19.7%), Magnesium: 78.57mg (19.64%), Phosphorus: 192.32mg (19.23%), Selenium: 12.29µg (17.56%), Potassium: 577.53mg (16.5%), Vitamin B2: 0.21mg (12.54%), Vitamin B3: 2.32mg (11.61%), Zinc: 1.72mg (11.44%), Vitamin B5: 1.1mg (10.99%), Vitamin A: 120.76IU (2.42%)