

A close-up photograph of a white plate filled with golden-brown, crispy cauliflower florets coated in a vibrant orange Buffalo-style sauce. To the left of the plate, a glass bottle of the same orange sauce is partially visible. The background is a neutral, light-colored surface.

Buffalo Style

CAULIFLOWER FLORETS

Buffalo hot sauce drenched cauliflower florets are a quick-to-make plant-based take on the famous Buffalo hot sauce chicken wings. Equally addictive, each bite is tangy, spicy, and slightly sweet. Each floret is lightly battered, sauced, and baked crisp on the outside and tender on the inside.

INGREDIENTS

- 1 ½ cups/375 ml unsweetened plant milk
- 1 cup/250 g all-purpose flour
- 1 tsp/5 ml garlic powder
- 1 tsp/5 ml onion salt
- 1 tsp/5 ml smoked paprika or piment d'Espelette
- ½ tsp /2 ml salt, to taste
- ½ tsp/2 ml pepper
- 1 large head cauliflower, cut into florets

- 2 tbsp/30 ml vegan butter
- 1 cup/250 ml Frank's Red-Hot sauce or your favorite hot sauce

Note - the butter helps the sauce stick to the florets

Preheat the oven to 450°F /232°C. Line a baking sheet with parchment paper or silicone liner.

Make the batter:

Mix the plant-based milk, flour, and seasonings in a large mixing bowl. Dip the florets into the mixture and coat evenly. Tap off the excess batter and place the florets on the lined baking sheet. Bake for about 10 minutes, flip and cook 10 minutes longer.

While together the cauliflower cooks, heat the butter and hot sauce together in a small saucepan until the butter melts. Remove florets from the oven and dip into the heated sauce until completely coated. Place dipped florets back onto the baking sheet and cook for 15 minutes before flipping the florets and baking for another 15 minutes. Serve immediately with your favorite plant-based dip.