

BBQ Cauliflower "Wings"



Recipe courtesy of Kitchen Sink

Show: Kitchen Sink | Episode: What to Eat Now

Total: 45 min
Active: 20 min
Yield: 4 to 6 servings
Level: Easy

Ingredients:

- Nonstick cooking spray, for spraying the baking sheet
- 1 cup white rice flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 medium head cauliflower, cut into 2- to 3-inch florets, stems reserved for another use
- 1/2 cup barbecue sauce
- 2 tablespoons unsalted butter
- Carrot and celery sticks, for serving

Directions:

1 Preheat the oven to 450 degrees F. Lightly spray a nonstick baking sheet with cooking spray.

2 In a large bowl, whisk together the rice flour, garlic powder, cumin, paprika, salt and pepper.

Whisk in 1 cup water until completely incorporated and you have a thin batter. Add the cauliflower florets and toss to coat completely with the batter. Use tongs or a fork to remove the florets from the bowl, allowing excess batter to drip off. Place in a single layer on the prepared baking sheet.

3 Bake until the batter begins to set, about 10 minutes. Use tongs or a spatula to flip the florets and bake the other side until the batter looks completely dry, about 10 minutes longer.

4 Meanwhile, combine the barbecue sauce and butter in a small saucepan. Cook over medium heat, stirring occasionally, until the butter is melted.

5 When the cauliflower is done, use a pastry brush to completely coat the florets with the sauce. Bake again until the florets are crispy and the sauce is completely absorbed, 8 to 10 minutes. Serve with carrot and celery sticks on the side.

