

New Soul Buffalo Cauliflower with Vegan Ranch

Recipe Courtesy of Chef Jernard Wells

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Ingredients:

Oil for frying

1 cup flour

1 tablespoon cornstarch

1 ½ cups seltzer water

1 teaspoon garlic powder

Pinch of cayenne pepper

Kosher salt

Black pepper

1 head cauliflower, cut into bite-size florets

Vegan Buffalo Sauce

¼ cup + 2 tablespoons non-dairy-butter

1¼ cups hot sauce

Pinch of cayenne pepper

½ teaspoon garlic powder

½ teaspoon onion powder

1 teaspoon chili powder

1-2 tablespoons agave

3-4 tablespoons chopped fresh parsley for garnish

Carrots and celery sticks, as needed for serving

Method:

Make New Soul Buffalo Cauliflower

1. In a dutch oven or large heavy bottom sauce pot add oil and heat until 350 degrees.
2. Then cut your cauliflower into small to medium pieces.
3. In a large mixing bowl whisk flour, cornstarch, garlic powder, salt, black pepper, and cayenne together. Add in the sparkling water a little at a time until the batter is not too thick or thin. It should coat the back of a spoon without excess dripping.
4. Working with a few pieces at a time dip the cauliflower into the tempura batter tossing to coat evenly. Repeat with the remaining cauliflower and batter.
5. While working in batches fry the cauliflower until the pieces are evenly golden brown, about 7 to 9 minutes. Remove the cauliflower with a spider and drain on a paper towel-lined plate or baking sheet.
6. *Make the Vegan Buffalo Sauce:* In a medium wok over medium heat, melt the non-dairy butter then add the hot sauce, cayenne pepper, garlic powder, onion powder, chili powder, and agave and mix.
7. Add the fried cauliflower to the sauce in the wok and gently toss to coat evenly. Garnish the New Soul Buffalo Cauliflower with parsley.
8. Serve the cauliflower right away with Vegan Ranch Dressing for dipping and carrots and celery on the side.

Vegan Ranch Dressing

Ingredients:

1 cup of vegan mayo
¼ cup minced dill
1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon agave
Kosher salt to taste
Black pepper to taste

Method:

1. In a medium mixing bowl mix together the vegan mayo, dill, garlic powder, onion powder, agave, salt, and pepper to taste.
2. Serve this as a dipping sauce for the New Soul Buffalo Cauliflower.