



# Black Women for Wellness

## Kitchen Divas

### Chef Mel's Cauliflower Buffalo Wings

#### Instructions

#### Ingredients

- 1 head of cauliflower
- Rice Bran Oil (For Frying)

#### Dredge

- 2- 150g packet of Gogi Tempura Flour (or any tempura flour)
- 2 cups of water

#### Vegan Buffalo Sauce

- 1 cup of Franks Red Hot
- ½ cup of Franks Red Hot Wing Sauce
- ½ tablespoon of garlic powder
- ½ tablespoon of onion powder
- ¼ teaspoon of smoked paprika
- 1 teaspoon of Worcestershire sauce
- 4 tablespoon of Earth Balance Vegan Buttery Butter (or vegan butter)
- 2 tablespoon of Agave
- A pinch of black pepper

#### Vegan Ranch Dressing (Yields 1 cup)

- 1 cup of Best Foods Vegan Mayo (or your choice of vegan mayo)
- 4 fresh garlic cloves, minced
- 1 tablespoon of fresh dill, minced
- 1 tablespoon of fresh parsley, chopped
- ¼ teaspoon of onion powder
- ¼ teaspoon of garlic powder
- ¼ teaspoon of black pepper
- 2 tablespoons of lemon juice
- 1 teaspoon of Not Milk (or your favorite vegan milk substitute)

1. Preheat oil to 350F in your deep fryer or dutch oven.
2. Combine all your ranch dressing ingredients in a small bowl and whisk until well-combined. Set aside.
3. Thoroughly wash the cauliflower, shake dry and place on cutting board. Cut it in half from the bottom stem all the way to the top. Safely remove the stalk in the middle of the cauliflower by cutting into a triangle motion on both sides.
4. Once the stalk is removed from both ends, use your hands to break the cauliflower apart into 1 ½-2 inch florets. If you use your knife to cut the cauliflower, it will change the wing-like appearance.
5. Transfer your florets into a bowl and thoroughly rinse under water again; shake dry.
6. In a medium-sized saucepan over medium heat, combine and whisk all of the buffalo sauce ingredients except the vegan butter. Let the sauce fully marry/simmer for about 4-5 mins. Once well combined, add in your vegan butter and whisk until combined. Remove from heat and let it sit for 5 mins.
7. In a medium bowl, combine tempura flour and water and whisk until it is smooth and has no lumps. It should look similar to pancake mix.
8. With gloves, place a few cauliflower florets into the wet batter and let the excess batter drip off. Carefully drop the cauliflower into the oil and fry for roughly 2 minutes on each side, occasionally moving around with a metal spoon or until the cauliflower turns a golden-brown color. Don't overcrowd the pot; drop about 5/6 pieces at a time.
9. Once done, remove and place on a paper towel-covered plate. Toss cauliflower in buffalo sauce and serve immediately.

*If you need to reheat the un-sauced cauliflower wings, put them in the oven on 400F and bake for 10-15 minutes.*

Recipe by Chef Mel