

FlexFusion Favorites:

FRIED CAULIFLOWER

Hot, crispy, crunchy... and tasty!

Fried veggie appetizers are easy, but you can make them interesting too with choices like this

Chef's Hint



No matter the menu, you can craft the flavor to match. Try frying it whole for a pull-apart party.

Ingredients

- 1 head cauliflower separated into florets
- 5 oz flour
- 1 cup milk
- ½ tsp salt
- ½ tsp baking soda
- 2 eggs

For a "signature" flavor, try adding 1 Tbsp of curry powder, BBQ spice, or Ranch powder



Method

1. Steam cauliflower florets in combi oven 212° F (100° C) for 5 – 7 minutes.
2. Mix remaining ingredients in a bowl to prepare batter.
3. Dip cauliflower florets into batter and place into fry basket.
4. Fry at 350° (176° C) for 1 minute 45 seconds.
NOTE: For best results fry in 340 Series with wider surface area for more even cooking of floating product
5. Place on draining rack or paper towel.

Prepare In

FlexFusion combi (steaming)
320 Series open fryers
340 Series open fryers

