

Vegan Cauliflower Wings with Two Sauces - Maple Ginger and Sweet Buffalo Sauces



These Sticky Sesame Cauliflower Wings are loaded with maple-sesame flavor and the perfect amount of heat, they are a great snack for vegans, actually everyone!

Servings: 3
Prep Time: 15 minutes
Cook Time: 30 minutes
Storage: 4 days in refrigerator
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Ingredients

- 1 head cauliflower
- ½ cup all-purpose gluten free flour
- ½ cup unsweetened non-dairy milk
- ¼ teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon crushed red pepper flakes
- 1 cup gluten free panko breadcrumbs (seasoned with salt & pepper)
- 5 TBSP maple syrup
- 3 TBSP Bragg's Aminos*

Maple Ginger Sauce

- 5 TBSP maple syrup
- 3 TBSP Bragg's Aminos*
- ½ teaspoon sesame seeds
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground ginger
- 1 teaspoon cornstarch + 1 teaspoon water for a cornstarch slurry. (Mix together separately in a small bowl from the rest of ingredients)
- ¼ cup water
- Chopped scallions & sesame seeds for garnish

Sweet Buffalo Sauce

- ½ cup vinegar based hot sauce (like Franks hot sauce)
- 1 TBSP vegan butter
- 1 teaspoon garlic powder
- 2-3 TBSP maple syrup

Instructions

Preheat oven to 450°F. Prepare a baking sheet by lining it parchment paper or greased foil.

Using a knife, remove florets from the cauliflower (aka cut off the leaves and don't use the stems). Chop the cauliflower into smaller pieces to resemble the size of the wings.

In a separate bowl, whisk the gluten-free flour, milk, salt, ground black pepper and garlic powder in a bowl to make the batter. If the batter is too thick, thin it out with more milk. In a separate bowl, place the breadcrumbs.

Toss the cauliflower in the batter mixture, using a spatula or spoon to coat them all. Transfer them to the breadcrumbs (you can do this in two or three batches) to coat completely, then place onto the baking sheet, giving each wing enough space. Repeat until all the wings are coated.

Bake for 22 minutes turning at 11 minutes. Please ensure your oven is completely preheated and hot. While baking, prepare the ingredients for the sauce by whisking together.

Remove from oven. Toss the wings in the sauce (I like to use a spatula to move them around to get properly coated) then using tongs or a spoon, remove and place back on the baking sheet. Bake for another 5 minutes for the sauce to soak into the wings. Remove from oven and serve immediately.

Maple Ginger Sauce

In a pan over medium-high heat, mix all the sauce ingredients. Whisk together to help dissolve the cornstarch slurry. Bring to a boil, then reduce heat and simmer for 5 minutes or until the sauce begins to thicken up. Whisk frequently. Taste test and add more sugar/soy if you want it sweeter or saltier. Remove from heat and allow to cool until needed. It will thicken up as it cools!

Sweet Buffalo Sauce

In a small pot over high heat, mix all the sauce ingredients. Bring to a boil and boil for 2 to 3 minutes, which helps to bring out more flavor notes of the ingredients. Remove from heat. Allow it to cool before putting it on the wings.

Taste test for more sweetener to balance out the heat; if so, add a tablespoon at a time until your desired heat. Depending on the hot sauce you use, these wings can be HOT so take caution!

Notes

The batter will only adhere to dry cauliflower wings. Be certain your cauliflower is 100% dry for the batter to stick.

Do not use olive oil to grease the baking sheet since it will burn the bottom of your wings.

Adapted *Jessica in the Kitchen* recipe

Chef Chandra

S.O.U.L. Food (*Seasonal/Sustainable, Organic, Unprocessed, and Local*)

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