

Cooking with MIFWA

Buffalo Cauliflower Wings



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INGREDIENTS

1 x tablespoon curry powder
1 x teaspoon cumin powder
1 x teaspoon garlic powder/salt
100gm plain flour
200ml buttermilk
(can make it with ordinary milk and add
1 tablespoon vinegar)
1 x head of a cauliflower (500gm), broken
into florets
80gm hot sauce
2 x tablespoons maple syrup
1 x tablespoon butter
Celery sticks

For the dipping sauce

100gm Greek yoghurt
3 x tablespoons mayonnaise
(or try a flavoured mayo)
2 x tablespoons chopped chives
2 x tablespoons milk

METHOD

1. Heat oven to 220°C (200°C fan forced), and line a baking tray with baking paper.
2. Mix all the dry ingredients together, then make a well in the middle and add the buttermilk. Tip in the cauliflower and toss to coat.
3. Spread the mix evenly on the baking tray and cook for 25 minutes, turning halfway through, until crisp at the edges.
4. Warm the hot sauce, maple syrup and butter in a small pan over a low heat, for 2 – 3 minutes. Liberally brush over the cauliflower and put back in the oven for 8 – 10 minutes.
5. For the dipping sauce, whisk together the yogurt, chives and milk and a pinch of salt in a bowl. Serve alongside some celery sticks for the dipping.

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