

Coconut Crusted Cauliflower Wings

Recipe By Rivki Rabinowitz



Cooking and Prep:  30
m

Serves:  5

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Vegan, Gluten Free, Low
Fat, Vegetarian, Pescetarian

These little pop-ems have been a wild success with everyone who has tried them. Although I ate 95%, the 5% that managed to escape from my clutches were greeted with an enthusiastic, if not addicted, response. TAKE MY WORD FOR IT!!!!

Ingredients (14)

Cauliflower

- 2 bags frozen cauliflower
- 1/2 cup almond flour
- 1/2 cup unsweetened almond milk
- 1/4 teaspoon Tuscanini Sea Salt
- 1/2 teaspoon ground Gefen Black Pepper
- 1 cup fine sweetened coconut

Sauce

- 4 tablespoons Gefen Maple Syrup
- 2 tablespoons tamari
- 1/2 teaspoon sesame seeds
- 1/4 teaspoon ground Gefen Black Pepper
- 3/4 teaspoon ground ginger
- chopped scallions, for garnish
- sesame seeds, for garnish

Sommelier Suggests

- [Domaine Les Marronniers Chablis](#)
-

Start Cooking

Prepare the Wings

1. Preheat oven to 450 degrees Fahrenheit. Prepare a baking sheet by lining it with Gefen Easy Baking Parchment.
2. Defrost cauliflower but not to the point of sogginess.
3. Combine almond flour, almond milk, salt, and pepper in one bowl. Place the coconut in a second bowl next to the batter bowl.
4. Toss the cauliflower in the almond flour mixture one at a time, shaking off excess batter. Do not soak. Then, dip the cauliflower into the coconut to coat completely, then place onto the baking sheet. Repeat until all of the wings are coated.
5. Bake for 22 minutes. While baking, prepare the ingredients for the sauce by whisking together.
6. Remove from oven. Coat the wings in the sauce. Bake for another five minutes for the sauce to soak into the wings.
7. Remove from oven, garnish with scallions and extra sesame seeds if desired, and serve immediately. Enjoy!