

Cauliflower Fries

Recipe By Leah Schapira



Cooking and Prep:  20
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Serves:  4

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Chanukah

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami
Magazine

I first sampled these Cauliflower Fries in Machene Yehudah. On a trip with my children, nieces, and nephews, we came across a woman selling Cauliflower Fries from a tiny two-person storefront.

“Do you want to try a sample?” the woman urged. I looked around at the gaggle of kids and said, “Isn’t that a bad business move? All the kids will want to sample the fries.”

She laughed and answered me, “Everyone who tastes it orders a large portion.”

Large portion it was! Pudgy little fingers began dipping and eating their cauliflower.

My sister whispered to me, “Please don’t let my kids know they are eating a vegetable.”

Ingredients (15)

Cauliflower

- 2 pounds frozen or fresh cauliflower florets
 - oil, for frying
 - 1 tablespoon lemon juice
 - kosher salt or **Tuscanini Sea Salt**
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Batter

- 2 eggs
 - 1 cup flour
 - 1/2 cup cool water
 - 1 teaspoon salt
 - 1 teaspoon baking soda
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Mayo Dipping Sauce

- 2/3 cup **Gefen Lite Mayonnaise**
 - 2 tablespoons lemon juice
 - 2 to 3 tablespoons water
 - 3 cloves garlic
 - 1/8 teaspoon coarse **Gefen Black Pepper**
 - 1/4 to 1/2 teaspoon salt
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Start Cooking

For the Cauliflower Fries

1. If using frozen cauliflower, fully defrost the cauliflower and pat dry. You can microwave it for two minutes, drain and pat dry.
2. In a pot or deep fryer, heat oil to 350 degrees Fahrenheit.
3. In a medium bowl, combine batter ingredients. Toss a few pieces of cauliflower in batter at a

time. Add to hot oil and deep fry until golden. Sprinkle with lemon juice and salt. Serve with mayo dipping sauce (below) and or sweet chili sauce.

For the Mayo Dipping Sauce

Yields 1 cup dipping sauce

1. In a blender or using an immersion blender, blend all ingredients together.