

Indo-Chinese Cauliflower bites

My take on a guilt-free version of typical Indo-Chinese appetizer. This is a base recipe. In this recipe the bite-sized cauliflower florets can be replaced with boneless chicken, fish, calamari, shrimp, cottage cheese, organic & Non-GMO tofu, etc. Tweak the recipe as per your spice tolerance and sauce preference.

Ingredients:

- 250gm cauliflower cut into small florets
- 2 tablespoon split chickpea flour (chana dal)
- 1 tablespoon arrowroot powder or rice flour
- 1 teaspoon arrowroot powder (alternative to cornflour/starch)
- ½ teaspoon ginger & garlic paste
- 1 teaspoon ginger, finely chopped
- 3-4 red chilli (whole)
- 1/2 teaspoon salt, or to taste
- ½ teaspoon coarsely crushed pepper
- 2 teaspoon garlic, finely chopped
- 1 teaspoon coconut aminos (alternative to soy sauce)
- 1 teaspoon apple cider vinegar (alternative to synthetic vinegar)
- 1 teaspoon red or green chilli paste
- 1 teaspoon white sesame seeds
- 1 medium capsicum, diced into cubes
- 1 medium-sized onion, diced into cubes
- 1 cup neutral cold-pressed oil
- 1 tablespoon cold-pressed sesame oil
- 2 teaspoons spring onion greens, finely chopped (optional)

Step 1: To a bowl add **2 tablespoon of split chickpea flour (chana dal), 1 tablespoon arrowroot powder or rice flour, ½ teaspoon ginger & garlic paste, 1/2 teaspoon salt, or to taste, ½ teaspoon coarsely crushed pepper and add enough water** to make a batter as shown in the image. (make sure the batter is NOT runny)

Step 2: Add the **bite-sized cauliflower florets**, to the batter. Mix well and deep fry each individual cauliflower floret in **neutral cold-pressed oil** as shown in the image.

Step 3: Heat an iron wok/pan. Add **1 tablespoon neutral cold-pressed sesame oil**, add **3-4 red chilli (whole), 1 teaspoon finely chopped ginger & 2 teaspoon finely chopped garlic** and let it fry for 1-2 minutes on medium flame

Step 4: Add **1 medium-sized onion & capsicum diced into cubes**. Sauté for 30 seconds

Step 5: Add **1 teaspoon coconut aminos & apple cider vinegar**, along with **½ cup water** and mix well. Once it starts to boil add the **deep-fried cauliflower florets**

Step 6: In a separate bowl add **1 teaspoon of arrowroot powder** & **3 teaspoons water** to make a **slurry**

Step 7: Add the **slurry** to the iron wok and stir continuously for 30 seconds. Allow it to cook for 2 minutes on medium-flame. Based on your preference either allow the sauce to become a gravy, or let the sauce gradually reduce to make an appetizer. Garnish with **chopped spring onion greens**

Sprinkle **1 teaspoon of toasted sesame seeds** and serve hot!