

Orange Cauliflower Bowls

#cooking/recipe

#2019/November

#cooking/30 Minutes or Less#

#cooking/vegetarian

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Ingredients

- 1 cup basmati rice
- 3 cups vegetable oil
- 1 1/4 cup cornstarch
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1 large egg, beaten
- 1/2 cup lager or pilsner beer
- 1 head cauliflower, cut into florets
- 2 green onions, thinly sliced
- 2 teaspoons toasted sesame seeds

FOR THE SAUCE

- 1/2 cup chicken stock
- 1/4 cup freshly squeezed orange juice
- 3 tablespoons sugar
- 3 tablespoons rice wine vinegar
- 2 tablespoons reduced sodium soy sauce
- 3 cloves garlic, minced
- 2 teaspoons orange zest
- 2 teaspoons Sriracha, or more, to taste
- 1/4 teaspoon ground ginger
- 1 tablespoon cornstarch

Process

In a large saucepan of 2 cups water, cook rice according to package instructions; set aside. Heat vegetable oil in a large stockpot or Dutch oven over medium high heat until temperature reaches 375 degrees F.

In a medium bowl, whisk together cornstarch, baking powder, salt, egg and beer.

Working in batches, dip cauliflower into cornstarch mixture, allowing excess to drip off. Add cauliflower to the Dutch oven, 5 or 6 at a time, and cook until evenly golden and crispy, about 3-4 minutes. Transfer to a paper towel-lined plate.

In a large saucepan over medium low heat, combine chicken stock, orange juice, sugar, vinegar, soy sauce, garlic, orange zest, Sriracha, ginger and cornstarch. Bring to a boil; reduce heat and simmer, stirring constantly, until slightly thickened, about 2-3 minutes. Stir in cauliflower.

Serve immediately with rice, garnished with green onions and sesame seeds, if desired.

Nutrition

Servings: 4

Calories:

Fat:

Carbs:

Protein: