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| **Gluten Free Sticky Sesame Cauliflower** |

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| **Makes** | 30 tastes in the classroom | **From the**  **garden:** | Cauliflower, garlic |

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| **Equipment** | **Ingredients** |

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| * Measuring cups and spoons * 2x Cooks knives * Non slip mat * Chopping board * Baking trays * Baking paper * Whisk large mixing bowl * Small saucepan * Wooden spoon | **For the sauce**   * 2 cloves Garlic, minced * 1 teaspoon fresh ginger * 1tablespoon lime juice * 2/3 cup sweet chili sauce * ½ cup pineapple juice * 1 teaspoon corn flour * 3 tablespoons soy sauce * 2 tablespoons vegetable oil   **For the cauliflower**   * 1 head of cauliflower * 2/3 gluten free plain flour * 3 tablespoons corn flour * 1 teaspoon baking powder * 2/3 cup sparkling water, icy cold * 1 teaspoon paprika * 1 teaspoon garlic powder * 1 teaspoon salt * ½ cup corn flour, extra * 2 tablespoons sesame seeds |

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| **What to do** |

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| 1. Pre heat oven to 230 degrees. Line a baking tray with paper. 2. Cut off large cauliflower florets from the stem and break them into bite sized pieces. 3. Dredge florets in ½ cup corn flour. Shake off any excess. 4. Whisk flour, 3 tablespoons corn flour, baking powder, paprika, garlic and salt. Pour in icy cold water and whisk until smooth batter forms. 5. Add the florets into the batter and stir gently to cover completely. You can use your hands to make sure you cover each floret completely. 6. Place the cauliflower onto prepared baking trays, making sure that you leave some space between each piece. 7. Bake for 15-20 minutes. 8. Meanwhile make a quick glaze by sautéing garlic and ginger in vegetable oil until fragrant. Add soy and chili sauce. 9. Whisk corn flower and pineapple juice. Pour the mixture into the pan too. Season with lime juice and continue cooking on medium heat for 2 minutes, while whisking constantly. Set aside 10. Combine baked cauliflower with sauce, stir to coat. Sprinkle with sesame seeds. |

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| **Bottom Drawer** | *Did you know?*  If you would like a more caramelised glaze you can bake for an additional 6-7 minutes after coating in glaze.  Eithway these little nibbles of cauliflower are delicious. |