

# Spicy Cauliflower Snacks

I will admit I have a problem with these cauliflower snacks. I honestly can not stop myself from eating these and can easily consume an entire head of cauliflower in this fashion, on my own. I'm not saying I am proud of this fact, just sharing in case you have the same problem yourself. I did warn you.

## Ingredients

One full head of cauliflower cut into bite-sized flowerets

2 cups of Besan flour, this is slightly different from the chickpea flour you might buy in your grocery store but either can be used

Filtered water

1-2 cups of mild cooking oil

A dash of Cayenne pepper, or more if you like

1 tsp Turmeric

$\frac{1}{2}$  tsp Ground cumin

$\frac{1}{2}$  tsp Ground coriander

1 tsp Salt and more to taste if needed.

Chutney store-bought or try this amazing Green Chutney

## Directions

Pour the besan flour into a large mixing bowl. Add all of the

spice and blend with a wire whisk. Next add water gradually, whisking until the mixture is the consistency of a pancake batter.

Let this set for at least 15 minutes and up to an hour if possible.

Add cauliflower pieces coating all well. You may need to add a bit more flour or water, adjusting the spices accordingly.

Heat oil in a large heavy skillet and when hot shallow fry the cauliflower pieces over medium heat. Be careful oil does not become too hot because these pieces need to cook all the way through, maybe 10-12 minutes total cooking time. Turn as they cook with tongs or a slotted utensil.

Lay cooked snacks on a tray lined with paper towels and keep warm in the oven until ready to serve.

Offer chutney alongside.

Please excuse me that these are instructions and not an exact recipe, my apologies up front if that makes it challenging for you. I trust you will forgive me once you have eaten your share of these.