

Bobblehead Bites

Southwest Edmonton Farmers' Market SPROUTS

At a farmers' market you can find some really neat kinds of cauliflower that are green, white, yellow or purple!

Dipped to form 3 different layers and baked to perfection, these cauliflower bites have a delightful crunch and a sweet, soft interior. Dip them in the Asian-inspired sweet and sour sauce and they'll taste SO good!

Ingredients

- 1 head cauliflower, broken into bite-sized pieces
- 2 tsp. sesame oil
- 1/2 tsp. ginger
- 1/4 cup sodium reduced soy sauce
- 2 tbsp. sweet chili sauce
- 2 tbsp. maple syrup
- 1 tbsp. rice vinegar
- 1/2 cup whole wheat flour
- 1/4 tsp. each salt and pepper
- 2 eggs
- 1 + 1/2 cups whole wheat panko bread crumbs

Cauliflower is in the same family as cabbage, broccoli, and Brussels sprouts. These vegetables are easier to digest lightly cooked than raw. So give your stomach a break and your taste buds a treat with this delicious baked snack!



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Market Shopping List

eggs

one gorgeous, big head of cauliflower

OR

two smaller heads of your favourite oddly coloured cauliflowers

Makes 8 servings



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Recipe created by Sheri Hendisbee

Directions

Preheat the oven to 450F. Line a cookie sheet with parchment paper (for easy clean up).

Wash the cauliflower, then break it up into bite-sized pieces. Set them aside on a tea towel to dry out.

Next, make the dipping sauce. In a small saucepan, whisk together the sesame oil, ginger, soy sauce, maple syrup and rice vinegar. Bring to a simmer over medium heat. Cook 5 minutes, stirring occasionally. This blends the flavours and slightly thickens the sauce. Remove from the heat. Let cool.

Next, take out three soup-sized bowls. Line them up: one, two three! In the first, stir together the flour, salt and pepper. In the second, beat your egg with a fork. In the third, measure out your panko crumbs.

Now comes the fun part! Grasping a cauliflower piece by its stem, dip it top-first into the flour mixture. Make sure you tap off the excess, then wet it in the egg mixture. Next, press it into the panko (pressing helps the crumbs to stick to the egg). Place the cauliflower piece on the parchment-covered baking sheet. Repeat, making sure that the coated cauliflower pieces do not touch each other.

Bake for 20 minutes. Remove from the oven and serve warm, with the sweet and sour dipping sauce on the side.

Sprouting Chefs

What is panko? It is a type of bread crumb that is often used in Japanese cooking. The way the crumbs are made gives them a powerful crunch. They are an excellent way to imitate the taste and crunch of deep fried foods without the unhealthy fat and danger-filled deep frying technique. You can buy panko in a box. Store the crumbs in the fridge or freezer when you are not using them.

Creative Cooks

Dipping and breading with panko is certainly a handy technique! It works well with a lot of market vegetables.

Try broccoli, carrots, or even zucchini! Even halved Brussels sprouts work! Of course, it also works very well with fish fillets and strips of chicken breasts.