Buffalo Cauliflower Sandwiches Yields 6-8 Sandwiches

1 Head Cauliflower

6-8 Rolls

Your Favorite Blue Cheese Dressing (or make your day that much better, and try mine under “My Recipe Sides” at lickedmyplate.com)

Cole Slaw:

1 C Slaw Mix
1/4 + 1/8 C Blue Cheese Dressing
1/4 C Small Diced Celery
1/4 C Small Diced Red Onion

Salt and Pepper to taste

Buffalo Sauce:

4 TBS Melted Unsalted Butter
1/2 C Frank's Red Hot
1 TBS Whole Grain Dijon Mustard
1/4 tsp Cayenne

1/2 tsp Turmeric
1/2 tsp Garlic Powder

Tempura Batter:

1 1/4 C Tempura Mix
3/4 C Ice Cold Water
1 tsp Paprika
1 tsp Garlic Powder
1 tsp Onion Powder
1/4 tsp Salt

1 C Vegetable Oil (for frying)

Optional:

Power Greens (spinach, baby red and green chard, and baby kale)

Egg

Cilantro

To make your Buffalo Sauce, melt your butter then add all your other ingredients into a bowl. Mix in your butter, and whisk to incorporate! SMLS

Next, with your cauliflower sitting on its stock, cut it vertically to create little flat pieces (same method to create cauliflower 'steaks'). You will have extra, that you can use for many things (including my Loaded Cauliflower Mashers Recipe, found under “My Recipe Sides” at lickedmyplate.com)

 For you cole slaw, you will add all your ingredients together, and mix well.

​​SML

 Next, mix your tempura ingredients together. You want your batter to be somewhat lumpy. Put your oil into a small sauce pan, and bring it up to medium high heat. Dip your cauliflower into the batter, and fry baby fry!

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 Now we build! I layer my rolls with slaw, and then I dip my cauliflower into the buffalo sauce and add it on top of my slaw. Finally I finish with some crisp power greens.

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You can also add an egg, and swap out the greens for cilantro for a different twist. When you see that yolk running down the side of the sandwich, you will thank me.