

## RECIPE

# Jen's Buffalo Cauliflower

This recipe requires no frying but still gives you some fried restaurant appetizer vibes. It can even be eaten as a meal, it's basically the nutritional equivalent of ordering a salad with a short stack of buttered pancakes on the side – which I've done.



Ready in ~45 minutes

Serves 2 people for a meal, 4 people as an appetizer

About 500 calories with dip, if eaten as a meal.

[Jenodonnellcomedy.com](http://Jenodonnellcomedy.com)

## Ingredients

- 1 bag Cauliflower Florets, or 1 head cauliflower
- 1 cup pancake mix to make batter
- 1 egg for pancake batter
- ½ cup milk for pancake batter
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- ⅓ cup butter (melted)
- ⅓ cup Franks Red Hot sauce
- Carrots and Celery, Bleu Cheese Dip or Ranch Dressing, for dipping.

## Preparation

1. Preheat oven to 375. In a mixing bowl, combine pancake mix, egg, milk and spices to make batter. Add florets and coat each well. If you get cauliflower florets in the bag, some can be cut into smaller bite sized pieces before mixing them into the batter. If you have a head of cauliflower, hold it up first ceremoniously like a baby Simba, then chop it up into florets.
2. Spray baking sheet with Olive Oil, use tongs to line up cauliflower on the bake sheet so they each have some room. I like to sing, "Okay ladies now let's get in formation," when I do this. Pour leftover batter on top of each piece to coat even better.
3. Put cauliflower in oven for about twenty minutes. While it's in the oven, I like to put on Fleetwood Mac's "Rumours", open a beer or make myself a fancy ice water,

then get the sauce ready: combine melted butter and Franks in mixing bowl. (I wash and clean the first mixing bowl to cut down on dishes).

4. Take cauliflower out when 20 minutes is up, then using tongs, add them 4-5 pieces at a time to the hot sauce/butter mixture and coat.
5. Put them all back in the oven on the same tray for twenty more minutes. At this point, if you're doing it right, you'll be listening to track 7 on Rumors, "The Chain." When the 20 minutes is up I put the tray into my oven's broiler for about 2-3 minutes. It's not required but I recommend it. This gives it some browning and crispiness, but be careful since they can go from crispy to burnt fast.
6. When they're done, plate them and you can add any remaining buffalo sauce on top.

10. Before eating, give Buffalo-style thanks by saying "God Bless, Go Bills."

## Tips

7. If you don't have Franks Red Hot Sauce, you can substitute by making another recipe instead tonight. Really, I don't recommend a substitute hot sauce for any authentic Buffalo style recipe.
8. I used Bisquick pancake batter and basically cut their smallest recipe instructions in half. Trader joes has a protein pancake mix, I think this would be worth trying but I haven't done it so let me know if you do.
9. Fancy ice water recipe: a quality tumbler stacked with ice and filtered water. Friends call this my 'ice water cocktail.'