

## **Celebrating Our Roots with Kelly Shay and Minneapolis Edible Boulevards:**

### **Crispy Spicy Cauliflower Wings**

Saturday, October 11, 2025

11:00-12:30 pm

Join us this month for lunch as we make oven baked gluten free, oil free, crispy cauliflower wings.



### **Ingredients**

- Cauliflower (1 head)
- Almond flour or Chickpea flour (1/2 cup)
- Garlic powder (2 tsp)
- Onion powder (1 tsp)
- Paprika (2 1/2 tsp)
- Cumin (1/2 tsp)
- Himalayan or sea salt (1 tsp)
- Black pepper (1/4 tsp)
- Cayenne pepper (1/2 tsp)
- Plant based milk of choice (3/4 cup)
- White vinegar (1/4 cup)
- Organic tomato paste (3 tablespoons) \*
- Vegan ranch dip/dressing (optional) Learn to make your own [here](#) .
- Cilantro (1 bunch) optional
- Celery (3-4 stalks sliced) optional

\*option to use another type of sauce base

### **Materials**

Baking tray

Parchment paper

Small sauce pan

Silicone brush or natural brush to coat cauliflower

### **Instructions**

1. Preheat the oven to 450 degrees F.

2. Line the baking tray with parchment paper.
3. Cut cauliflower into small bite-sized florets and place in a medium sized bowl.
4. Mix dry ingredients in a small bowl:
  - ½ cup flour of choice
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 1 ½ tsp paprika
  - ½ tsp cumin
  - ½ tsp sea salt
  - ¼ tsp black pepper
  - ¼ tsp cayenne pepper
5. Add ¾ cup plant-based milk of choice to the bowl of dry ingredients, and mix well to prepare the batter.
6. Pour batter into the bowl of cauliflower & mix well to evenly coat each piece.
7. Place coated cauliflower on the prepared baking tray, one at a time, in a single layer, and bake for 20 minutes. Flip once at the halfway point.
8. While baking cauliflower, prepare buffalo sauce:
  - a. Add ingredients to a small sauce pan.
  - b. Whisk and simmer over medium heat for 3-5 minutes, allowing the flavors to combine.
    - ½ cup water
    - ¼ cup white vinegar
    - 1 tsp paprika
    - 1 tsp garlic powder
    - ¼ tsp cayenne pepper
    - ½ tsp salt
    - 3 tablespoons tomato paste or other sauce
9. Remove cauliflower from the oven after 20 minutes (note: 10 minutes on each side).
10. Using a brush, coat sauce generously over the cauliflower, return to the oven for another 10-15 minutes, and flip once halfway through.
11. Remove from the oven, serve with ranch dip, sliced celery, and top with chopped cilantro if desired.
12. Enjoy!