



Crispy Cauliflower Fritter Bites

By Erin Fletter

Prep Time 15 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

seal: to close tightly, keeping filling inside.

fry: to cook in a pan in a small amount of fat.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- ☐ Skillet or frying pan + lid
- ☐ Small bowl
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Gallon-sized plastic resealable bags (2)
- ☐ Tongs
- ☐ Plate

Ingredients

Crispy Cauliflower Fritter Bites

- ☐ 1 head cauliflower

- ☐ 2 eggs ******(for EGG ALLERGY sub 2 T ground flaxseeds + 6 T water, stirring well)******
- ☐ 1 T water
- ☐ 2 tsp salt, divided
- ☐ 1 C all-purpose flour ******(for GLUTEN ALLERGY sub 1 C gluten-free/nut-free all-purpose flour)******
- ☐ 1/4 tsp ground black pepper
- ☐ 1 pinch paprika, optional
- ☐ 1/4 tsp garlic powder, optional
- ☐ 1/4 to 3/4 C vegetable oil ****** for frying

Food Allergen Substitutions

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Egg: For 2 eggs, substitute 2 T ground flaxseeds + 6 T water, stirring well.

Gluten/Wheat: For 1 C all-purpose flour, substitute 1 C gluten-free/nut-free all-purpose flour.

Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Instructions

Crispy Cauliflower Fritter Bites

wash + break

Wash **1 head of cauliflower** and then have your kids break it down into bite-sized florets. Florets should be medium-sized. Cut off any large stems, so that you're left with just the floret heads.

crack + whisk

Crack **2 eggs** into a small bowl. Add **1 tablespoon water** and **1 teaspoon salt** and whisk again.

measure + seal + shake

Measure **1 cup flour**, **1/4 teaspoon ground black pepper**, and **1 teaspoon salt**, along with optional **1 pinch of paprika** and **1/4 teaspoon garlic powder**, and place the dry ingredients into a gallon-sized resealable plastic bag. Seal the bag tightly and shake quickly to mix the seasonings into the flour.

pour + seal + shake

Pour the egg mixture into a separate gallon-sized resealable plastic bag. Then, add the cauliflower florets. Seal the bag tightly, and have your kids shake the bag to coat the cauliflower in the egg. (The egg will help

the flour stick to the cauliflower!)

transfer + seal + shake

Using tongs, scoop out the cauliflower florets from the egg bag and transfer them into the flour bag. Seal the bag tightly, and have your kids shake to coat the cauliflower in flour. (The flour helps the cauliflower get crispy!)

heat + fry

In a skillet or frying pan, heat enough oil to fry the cauliflower. Using tongs, place the cauliflower bites from the flour bag into the frying pan. The oil may splatter, so be careful and keep kids at a distance. Keep the lid nearby for safety. Fry until they are crispy on all sides, about 5 to 10 minutes, turning as necessary.

cool + enjoy

Once the cauliflower bites are nice and crispy, transfer them to a plate and let them cool before enjoying! Serve with **Savory Sautéed Collard Greens!**

Featured Ingredient: Cauliflower!

Hi! I'm Cauliflower!

"I'm a vegetable with a head full of flowers—actually, flower buds. I'm a cauliflower, and my florets (also called curds) are a tight bunch! They are often white, but you might see cauliflowers with green, orange, and purple heads. We also have a variety called Romanesco broccoli (they like to be different), which is green with spiral, spiky-looking florets! Cauliflower is a great gluten-free substitute for a pizza crust, and you can make a yummy, low-carbohydrate version of mashed potatoes with me, too!"

History

Cauliflower is a cousin of kale, cabbage, brussels sprouts, kohlrabi, collard greens, and broccoli. These vegetables (including cauliflower) are descendants of the same wild vegetable called "Brassica oleracea." Brassica oleracea is native to the southern and western coasts of Europe (find these areas on your map!). Over several generations, farmers have selected different features of the Brassica oleracea. From these selections, each of the original species' modern-day relatives was born: cabbage, kale, brussels sprouts, kohlrabi, broccoli, collard greens, and cauliflower.

These modern-day vegetables are called cultivars. They are different varieties of the same original plant bred to have desirable qualities for human purposes—in this case, to eat!

Cauliflower is quite a noble vegetable. History tells us that the French King Louis the 14th demanded that cauliflower be present at every feast.

China is the largest harvester of cauliflower in the world. China produces an estimated ten million tons of cauliflower and broccoli per year.

Anatomy & Etymology

The head of the cauliflower (what we eat!) is actually undeveloped flowers! It's true! Each flower is bonded to its neighboring flower so that together, they form a tightly-packed head of "curds."

Cauliflowers can be purple, green, orange, yellow, or white!

Cauliflower develops coarse, green leaves that grow in a rosette shape. The leaves are attached to the stalk, which is centered and sturdy enough to hold the cauliflower's large, heavy white head.

These giant leaves grow up and over the cauliflower head to protect it. Cauliflower will stay white if farmers "blanch" it or cover the heads to shield them from the sun. When cauliflowers are the size of tennis balls, farmers cover them with their biggest outer leaves and tie them at the top. Farmers give the cauliflower leaves a haircut at harvest time and trim the huge leaves closer to the cauliflower head. If cauliflower heads are not covered as they grow, they will turn dull yellow. Yellow cauliflowers actually have MORE vitamins than white cauliflower because the sun has allowed the heads to develop phytonutrients or special plant vitamins. Heirloom varieties of cauliflower are naturally bright purple, green, or orange and are also high in phytonutrients.

Cauliflower is a bit of a picky vegetable. It doesn't like to grow in too hot or too cold temperatures. It also prefers a very comfortable environment free from pests like insects (as we imagine, would most veggies and fruits!). Cauliflower is especially prone to insect infestations.

The word "cauliflower" may be from the French "chou-fleur" or from the Italian "cavolfiore," which both mean "cabbage flower."

How to Pick, Buy, and Eat

Cauliflowers are picked when they have reached the expected size and texture.

When buying cauliflower, look for compact heads where the curds (individual florets) are not separated but tightly packed together. Avoid heads that have blemishes or spots on them.

Store raw cauliflower in a paper or plastic bag in the fridge for up to a week.

Cauliflowers can be eaten raw, cooked, or pickled. (They're delicious pickled!)

You can sauté cauliflower leaves in butter (just ask Nigella Lawson!).

You can also rice cauliflower florets or curds by pulsing them in a food processor for a great low-carb alternative to white rice.

Nutrition

One cup of raw cauliflower has more vitamin C than an orange!

Cauliflower has quercetin, a pigment that helps protect our veins and arteries, the tubes that transport our blood!

Cauliflower is high in fiber, which helps us digest our food.

Our bodies are basically giant collections of cells. Every organ, every inch of skin, every body part is made up of millions of invisible cells that each have their own job in keeping us healthy.

Antioxidants are nutrients that clean our body's house to keep our cells happy and healthy. Fruits and vegetables provide these antioxidants, and cauliflower is an excellent source, keeping our internal house clean and healthy