



General Tso Cauliflower

Ingredients

Cauliflower

- 1 small head cauliflower
- 2 cups buttermilk
- 2 tablespoon soy sauce
- 1 teaspoon [Fustini's Sesame Oil](#)
- ½ cup flour
- ½ cup cornstarch
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 cups Panko breadcrumbs

Sauce

- 2 tablespoons [Fustini's Cayenne Crush olive oil](#)
- 4 garlic cloves, shaved
- 4 scallions, finely sliced
- 6 tablespoon soy sauce
- ¼ cup [Fustini's Sherry Vinegar](#)
- ¼ cup [Fustini's Ginger and Honey Balsamic](#)
- ½ cup vegetable stock
- 1/3 cup sugar
- 2 teaspoon [Fustini's Sesame Oil](#)
- 1 1/2 tablespoons cornstarch

Directions

Step 1.

Cut the cauliflower into florets. Combine the flour, cornstarch, baking powder, and salt in one bowl. Combine the buttermilk, soy sauce, and sesame oil in a second bowl, and the panko in a third.

Step 2.

Working in batches, toss the cauliflower in the flour, then buttermilk, then panko and transfer to a sheet tray with a rack. Bake at 400° for 20 minutes until deeply golden brown.

Step 3. Sauce

Make the sauce by heating the cayenne oil over medium low heat and adding the garlic and scallions. While those sweat, mix together the soy sauce, Sherry vinegar, Ginger & Honey balsamic, chicken stock, sugar, sesame oil, and cornstarch until it becomes smooth.

Add the mixture to the garlic and scallions and bring to a simmer, until the sauce begins to thicken.

Step 4.

When the cauliflower is finished baking, toss it into the sauce, and plate on top of rice.