

Fried Cauliflower with Whipped Firey

SERVES 4



INGREDIENTS

- 1 large head of cauliflower, cut into florets
- 2 large eggs
- 2 tbsp of milk
- 1 ½ cups plain flour
- 1/2 cup finely grated parmesan
- 2 tsp sumac found at specialty food stores
- 1/2 tsp granulated onion
- 1/2 tsp granulated garlic
- 1 tbsp salt flakes
- Freshly ground black pepper to taste
- Vegetable oil for frying

Whipped Saffy

- 275g jar of Yarra Valley Dairy Firey, drained of oil keep chilli flakes with the cheese
- 3/4 cup sour cream
- Salt & pepper to taste

METHOD

1. Place 1 tbsp of the salt and 1 tsp of sumac in a mortar and pestle or spice grinder. Grind them together to make a fragrant salt. Set aside.
2. Bring a large pot of water to the boil. Season with a few pinches of salt. Place the cauliflower pieces gently into the boiling water and simmer for about 5 mins. Drain and cool.
3. In a food processor, wizz all ingredients into a smooth paste and refrigerate until needed.
4. Half fill a large pot with vegetable oil and heat to 180°C – 200°C using a thermometer.
5. In a bowl whisk the eggs with the milk. In a separate bowl mix the flour with the parmesan cheese, salt, pepper, remaining sumac, granulated garlic and onion.
6. Coat cauliflower pieces by dipping into the flour mix, then the egg mix, then back into the flour mix. Set aside on a flat tray.
7. Fry the cauliflower in batches until golden and crispy and then sprinkle with sumac salt. Drain on a tray lined with paper towel.
8. Serve the fried cauliflower with the whipped Firey for generous dipping.

