

# Fried Cauliflower

**Serves:** varies      **Preparation time:** 5-10 minutes      **Cooking time:** 10 minutes  
**Recipe source:** Jean-Paul Gevaux

*Thank you, Jean-Paul (4J), for sharing this fantastic Czech recipe!*

## Ingredients:

medium sized cauliflower  
salt  
whole cumin seed (optional)  
eggs (lightly beaten)  
flour  
bread crumbs  
olive oil

Note: Required quantities of flour, egg and breadcrumbs will vary depending on the size or amount of cauliflower you are using. For half a large cauliflower, I used 1/2 cup flour, 2 eggs and 1/2 cup breadcrumbs.

## Equipment Required:

Knife, chopping board, saucepan, colander/strainer, bowl/tray, three bowls, fork, frypan, tongs.



## What to do:

1. Break the cauliflower into pieces/florets but not too small.
2. Put the cauliflower pieces into a pot of boiling water with salt and cumin and boil for 3-5 minutes based on the size of the cauliflower pieces. DO NOT boil for too long otherwise the cauliflower will become too soft for crumbing. The cauliflower should still be crunchy.
3. \*Drain the cauliflower and cool it under cold water. Let the cauliflower dry out and cool down completely. Put the cauliflower on a paper towel to get rid of excess water.
4. Crumb the cauliflower by placing it in flour, egg wash (lightly beaten egg with salt) and breadcrumbs.
5. \*Fry the crumbed cauliflower in a frying pan of hot olive oil. Fry it from each side until golden brown.



**Notes:**

- \* denotes Adult supervision required.
- J-P suggests serving the cauliflower hot with boiled or mashed potatoes, vegetable salad and/or Tartare sauce.
- You can substitute cauliflower with broccoli for this recipe.

