

Kentucky Fried Cauliflower

★★★★★
5 from 13 votes

Prep Time

40 mins

Cook Time

20 mins

Total Time

1 hr

A southern-fried treat using Cauliflower instead of chicken, and air-frying to eliminate the oil. Same great taste, only a whole lot healthier. Move over Col. Sanders, there's a new kid in town!

Course: Comfort Food

Cuisine: American, Oil-Free, Vegan

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Ingredients

1 bag Frozen Cauliflower (12 oz bag)

Batter

1 cup Unsweetened Almond Milk
2 tsp Lemon Juice (or ACV)
1/2 cup Garbanzo Bean Flour (chickpea)
1/2 tsp Onion Powder
1/4 tsp Salt & Pepper

Breading

1 cup Panko Bread Crumbs
1 Tbs Paprika
2 tsp Garlic Salt
1 tsp Ground Ginger
1 tsp Dried Mustard
1 tsp Celery Seed
1/2 tsp White Pepper
1/2 tsp Salt
1/2 tsp Ground Thyme
1/2 tsp Dried Basil
1/2 tsp Oregano
1/4 tsp Black Pepper

Cream Gravy

1/4 cup Flour
1 Tbs Nutritional Yeast
1 tsp Rubbed Sage
1/2 tsp Salt
1/2 tsp Black Pepper
1 pinch Ground Thyme
3 cups Unsweetened Almond Milk

Instructions

Breading

1. Whisk all dry ingredients together in a bowl, then spread evenly in a flat, shallow pan for dredging. Set aside.

Gravy

1. If not using gravy - you can skip this section. Otherwise:
2. Whisk all dry gravy ingredients together and then pour into a large skillet.
3. Toast dry ingredients for 1-2 minutes over med-low heat, then slowly stir in 3 cups of almond milk.
4. Whisk to remove any lumps and stir often as it begins to thicken.
5. Once gravy has thickened to a thick, gravy-like consistency, remove from heat and set aside. (It will thicken even more - thin with more almond milk if necessary)

Batter

1. Whisk all dry ingredients together in a small bowl.
2. Also whisk either lemon juice or vinegar into almond milk to make the 'buttermilk'. Pour into the dry ingredients and mix until smooth.
3. Pour batter into a flat, shallow pan.

The Assembly

1. With one hand, place several pieces of cauliflower into the wet batter and turn to coat evenly, then place them into the breading.
2. Using your OTHER hand, sprinkle breading on battered pieces and turn to coat evenly before placing into Air Fryer Basket. (or cookie sheet)
3. Air Fryer / Convection Oven:
Air fry at 390 degrees F for 20 minutes. Check after 10 minutes and shake.
4. Regular Oven:
Bake at 390 degrees F for 20-30 minutes. Check and flip/turn every 10 minutes until crispy. This may take longer.

Recipe Notes

Serve with Cream Gravy for dipping, or your favorite dressing.

Tips are always appreciated!

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