

Buffalo Cauliflower

Crispy baked buffalo cauliflower bites with spicy sauce coating. Perfect vegetarian appetizer that's healthy and easy to make at home.

10 min

PREP

35 min

COOK

45 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Buffalo Cauliflower

Ingredients

- 1 cauliflower
- 1 cup flour
- 1 cup milk
- 3 tbsp unsalted butter
- 1 tbsp fresh lemon juice
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare for cooking**

Preheat oven to 200°C (400°F). Line a large baking sheet with parchment paper.
- 2** Cut 1 head of cauliflower into uniform 2.5cm (1-inch) florets, discarding leaves and thick stem pieces.
- 3 Make the batter**

Whisk together 1 cup flour, 1 cup cornstarch, 1 teaspoon garlic powder, 1 teaspoon paprika, 1 teaspoon salt, and 1 teaspoon pepper in a large bowl until combined.
- 4** Add 1 cup milk to the flour mixture and whisk until you have a smooth, thick batter with no lumps.
- 5 Coat and bake**

Dip each cauliflower floret into the batter, allowing excess to drip off, then arrange in a single layer on the prepared baking sheet with space between pieces.
- 6** Bake for 15 minutes, then flip each piece with a fork and bake for another 10 minutes until golden brown and crispy on the outside.
- 7 Make buffalo sauce**

While cauliflower bakes, combine 3 tablespoons buffalo sauce, 1 tablespoon melted butter, and 1 teaspoon honey in a large bowl.
- 8** Whisk the buffalo sauce mixture until smooth and well combined.

9 **Finish and serve**

Remove cauliflower from oven and immediately toss with the buffalo sauce mixture until all pieces are evenly coated.

10 Return sauced cauliflower to the baking sheet and bake for 5 more minutes until the sauce is slightly caramelized and sticky.

11 Serve immediately while hot and crispy.

Tips

Cut cauliflower into uniform 1-inch pieces to ensure even cooking and prevent smaller pieces from becoming mushy while larger ones remain undercooked.

Shake excess batter off each piece before placing on the baking sheet to prevent thick, doughy spots that won't crisp properly.

Don't overcrowd the baking sheet - leave space between pieces to allow hot air circulation for maximum crispiness.

Line your baking sheet with parchment paper and lightly spray with oil to prevent sticking and make cleanup easier.

Warm the buffalo sauce slightly before tossing with the cauliflower to help it coat more evenly and absorb better.

Serve immediately after the final baking to maintain the crispiest texture - the coating softens as it sits.

For extra flavor, add a pinch of smoked paprika or garlic powder directly to the buffalo sauce mixture.

If your batter seems too thick, thin it with a tablespoon of milk at a time until it coats the cauliflower without being gloppy.