

4. Fried Cauliflower 2025

Fried Cauliflower

4 servings

Ingredients:

About **2LB** of cauliflower

½ cup of all-purpose flour - adjust if needed

2 eggs

½ cup of milk

Optionally: 2 cloves of garlic - peeled and grated

1 cup of breadcrumbs (preferably Panko breadcrumbs) – adjust if needed

Final touch:

Salt and pepper - ideally freshly ground

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Plate

3 Medium Mixing Bowl (about 3 - 4 QT)

Small Hand Grater or Garlic Press (for garlic)

Whisk

Silicone spatula

Deep Fryer with Frying Oil or 6 QT (or larger) Pot with 2 - 3 QT of Frying Oil and Thermometer for Deep Frying or Large Sauté Pan or Large Fry Pan ½" Layer of Frying Oil (for shallow frying) or Air Fryer

Tongs

Food Thermometer

Cooling Rack or Paper Towels

Directions:

1. Cauliflower Preparation:

- 1.1. Thoroughly wash the cauliflower under cold water to ensure that no dirt is present.
- 1.2. Place it on a cutting board and separate the cauliflower into individual florets by hand or with a small paring knife.

Note:

- The size is your choice; I usually cut them into florets anywhere between 1" and 3" in diameter).
- You can aim for uniform sizes or vary the sizes.

- 1.3. Place the florets on a plate in preparation for the upcoming breading.

2. Breading Station:

- 2.1. Place **½ cup** of all-purpose flour into a first medium mixing bowl.
- 2.2. Prepare the egg mixture-- place into a second medium mixing bowl:

2 eggs

½ cup of milk

Optionally: **2 cloves** of garlic - grated

Whisk together until combined (about 1 minute).

- 2.3. Place **1 cup** of breadcrumbs into a third mixing bowl.

3. Bread the Cauliflower:

- 3.1. Place all cauliflower pieces into the first bowl with the all-purpose flour and coat all pieces by stirring them together by hand or with a spatula.
- 3.2. Then, move all cauliflower pieces into the second bowl with the egg mixture and coat all pieces by stirring them together with a spatula in the egg mixture.
- 3.3. Then, gradually add the cauliflower pieces into the third bowl with the breadcrumbs and, using your hand, a spoon, or by simply shaking the bowl, gradually coat them with breadcrumbs.
- 3.4. Then, place all the breaded cauliflower pieces on a plate, ready for frying.

Tip:

Combine all the leftover breading ingredients, add about 1/4 teaspoon of baking powder, and pan-fry on both sides until golden brown. This creates a perfect, crispy addition to many soups and helps prevent food waste. These fried breading pieces can also be frozen after cooking for later use.

4. Deep fry, shallow fry, or air fry:**Note:**

Work in batches based on the size of your equipment – make sure that schnitzels are not touching during preparation.

A. Deep Fry:

1. Preheat oil to 350°F.
2. Carefully place cauliflower into a deep fryer or pot with oil (work one by one).
3. Fry immersed in oil until a nice golden color is reached and the cauliflowers fully cook (usually about 3 – 5 minutes).

Note:

Turn with tongs a few times during frying.

4. When done, place it on a cooling rack and let the excessive oil drip off (about one minute).

B. Shallow Fry:

1. Preheat the pan on medium-high heat with a layer of frying oil (about ½").
2. Shallow fry until a nice golden color is reached from all sides (usually about 5 - 7 minutes).

Note:

Turn with tongs a few times during frying.

3. When done, place it on a cooling rack and let the excessive oil drip off (about one minute).

C. Air Fry:

1. Preheat your air fryer to 350°F.
2. Place the cauliflower in.
3. Drizzle the top of the cauliflower with oil.
4. Air fry until a nice golden color is reached (usually about 12 – 20 minutes).

Note:

After about 6 or 7 minutes of frying, turn each piece of cauliflower to the other side with tongs.

5. Optionally, drizzle with more oil during air frying if needed.

5. Plating and Serving Fried Cauliflower:

- 5.1. Salt and pepper cauliflowers.
 - 5.2. Serve with boiled potatoes, potato salad, mashed potatoes, fries or chips, and tartar sauce!
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Boiled Potatoes with Butter

4 - 5 servings

Active Time: **20 min.**

Total Time: **20 min.**

Level of Advancement: **1/5**

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Boiled Potatoes with Butter is a simple food. And simple food is often the most delicious. A great example is boiled potatoes with a touch of butter.

Ingredients:

2 LB of potatoes - peeled and diced (cubes about $\frac{3}{4}$ ")

3 TBSP of butter

$\frac{1}{2}$ **TSP** of salt

Pinch of ground pepper - ideally freshly ground

Tools:

Measuring cups and **spoons**

Cutting board and **chef's knife**

Potato peeler

Medium pot with lid

Colander

Silicone spatula

Directions:

1. **Potato preparation & cooking:**

1.1. Rinse potatoes under cold water.

1.2. Then peel potatoes and dice them into uniform dice (size about $\frac{3}{8}$ ").

1.3. Place into a medium pot and then fill the pot with water (about 1" above the level of the potatoes).

1.4. Cover the pot with a lid and place it on a high-heat burner. Bring to a boil.

1.5. Lower heat to medium and cook with occasional stirring until fully cooked (about 12 – 15 minutes). Take one out and taste it to make sure it is done.

1.6. Drain the water by pouring it over a colander and then return the potatoes to the pot.

2. **Final phase:**

2.1. Add into the pot:

3 TBSP of butter

½ TSP of salt

Pinch of ground pepper

Thoroughly (but gently) fold them together with a spatula.

2.2. Taste and add salt and pepper if needed.

Tip for serving:

If you want to serve them in a beautiful way use measuring cups for plating (the perfect size is ½ or 1 Cup). Scoop potatoes with the cup, smooth with a spatula, and then flip onto the plate. If it doesn't come out of the cup by itself, lightly tap the top of the cup.

Czech Tartar Sauce

About 1 ¼ cups

Ingredients:

1 cup of mayonnaise

3 TBSP of dill pickle juice – adjust if needed

Pinch of salt

Pinch of ground pepper- ideally freshly ground

1 dill pickle - finely diced (do not use sweet pickle)

¼ of medium onion - peeled and finely chopped

1 clove of garlic - peeled and grated

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Whisk

Optionally: Lemon Squeezer

Small Hand Grater or Garlic Press (for garlic)

Silicone Spatula

Directions:

1. Place into a medium mixing bowl:

1 cup of mayonnaise

3 TBSP of dill pickle juice

Pinch of salt

Pinch of ground pepper

Thoroughly stir with a whisk until nicely combined (about 30 seconds).

2. Add:

1 medium dill pickle - finely diced

¼ of medium onion - finely chopped

1 clove of garlic - grated

Thoroughly stir with a whisk until it's nicely combined (about 30 seconds).

3. Taste and add salt and/or pepper if needed.

4. For best results, refrigerate for at least one hour before serving.

Disclaimer:

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

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- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

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