



SWEET & SMOKY BBQ CAULIFLOWER

A bit late to the party for the whole Buffalo Cauliflower trend; however, there is still indeed a party going on after all, and my Sweet & Smoky BBQ Cauliflower are cause for celebration. Inspired by the boneless chicken wings of the same flavor from Rally's (also known as Checker's in some parts of the US), this recipe is no more than a little cutting, dredging, frying, and dousing in bottled sauce. Although one would think using the Sweet & Spicy variety to do the trick – being so close in name – surprisingly, it's Hickory BBQ that calls on the fast-food zing desired in replicating this 'healthier' endeavor. So good, and for sure will 'curd' any need to 'head' out and dawdle in drive-thru.

PREP/COOK TIME: About 45 Minutes

Makes About 2 - 4 Servings

INGREDIENTS

Vegetable Oil for Frying (\$1.84 48 Oz Bottle / \$.66)

1 Large Head – Cauliflower, Chopped into Florets (\$2.44)

1 ¾ Cups – Buttermilk (\$2.38 Half Gallon / \$.57)

1 Tsp – Kosher Salt (\$2.38 48 Oz Box / \$.01)

½ Tsp – Coarse Black Pepper (\$4.48 3.12 Oz / \$.06)

2 Cups – All Purpose Flour (\$2.12 5 lb Bag / \$.22)

20 Oz Bottle – Kurtz Hickory BBQ Sauce (\$.99 / \$.74), or

18 Oz Bottle – Sweet Baby Ray's Hickory & Brown Sugar BBQ Sauce (\$1.97 / \$1.47)

16 Oz Bottle – Kurtz Blue Cheese Dressing (\$.99 / \$.25), or

15 Oz Bottle – Wish-Bone Chunky Blue Cheese Dressing (\$1.84 / \$.46)

TOTAL GROCERY COST: \$17.62

FEAST COST: \$4.95

THE NITTY GRITTY

Wash and drain cauliflower in a colander or large wired sieve; place in one layer on paper towels and pat dry.

In a large bowl, combine buttermilk, salt and pepper; whisk till blended. In another mixing bowl, add flour.

Dredge cauliflower from buttermilk to flour; placing onto a tray in one layer; let set while oil is heating up.

In a large pan, heat about one inch of vegetable oil at medium high till shimmering.

Fry cauliflower for about 1 – 2 minutes each side, or till golden and crisp. Avoid overcrowding; if necessary, fry cauliflower in batches. Transfer to paper towels to drain oily excess.

Add three fourths of BBQ sauce to a microwavable bowl; heat on high for 30 seconds to one minute or till sauce is loose. Stir once heated through; not boiling.

Toss fried cauliflower in warm BBQ sauce till evenly coated.

Serve immediately with blue cheese dressing for dipping and enjoy.

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