



Recipe Sheet

# BAGGIES FRIED CAULIFLOWER

## INGREDIENTS

250g Plain (All Purpose or Bread) Flour  
3 tsp Dried Mixed Herbs  
3 tsp Celery Salt  
½ tbsp Black Pepper  
1 tbsp Mustard Powder  
2 tbsp Smoked Paprika  
2 tsp Garlic Powder  
1 tbsp Powdered Ginger  
1 tbsp White Pepper  
2 Heads Cauliflower (cut into Florets)  
500ml Natural Yoghurt or Buttermilk (or Vegan alternative)

## METHOD

Mix all the dry ingredients together. You may decide to have more heat so you could add Chilli Powder, less Salt, more or less Garlic or Herbs. Just adjust to your own taste.

Soak the Cauliflower Florets in the Yoghurt for a few minutes. Toss through the Flour Mix, shake off any excess and deep fry at 170 degrees c till golden brown. Dry on paper towel.

## TO SERVE

Serve with any of your favourite dips, Sour Cream and Chive, Piri Piri, Sweet Chilli etc.

Sweet Potato Fries, Chips, Wedges, Coleslaw, BBQ Beans, Sweetcorn, all go really well with this.