

# Popcorn Cauliflower

**Season:** Spring

**Type:** Side

**Serves:** 32 tastings

**From the garden:** Cauliflower

**Class focus:** Cutting cauliflower into florets



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 2 Chopping boards and knives Measuring cups Measuring spoons Baking tray x 3 Baking paper Serving plate x 5 Kitchen tong x 5</p>	<p>2 cauliflowers (cut into small florets) ¼ cup plain flour 2 eggs 1 teaspoon salt 10 grinds of pepper  ½ cup breadcrumbs ½ cup panko ½ teaspoon sweet paprika 3 tablespoons canola oil</p>

## What to do:

1. Heat oven to 220C.
2. Wash the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put the first 5 ingredients in a large mixing bowl, stir until cauliflower is well coated with batter.
5. Put the last 4 ingredients in a small mixing bowl, mix evenly.
6. Pour the breadcrumb mixture over the cauliflower and gently toss around **5 times only**. Crumbs will start to fall off if tossing it too many times.
7. Pour crumbed cauliflower on the lined baking trays.
8. Bake for 15 minutes or until golden brown.
9. Serve into 5 serving plates with a kitchen tong in each.

## For vegan / gluten free option:

Reserve a portion of the cauliflower florets for Angela to cook for students who are vegan / gluten intolerant.