



Cauliflower Buffalo Bites

This is one of the recipies published in allrecipies air fryer recipies magazine. The magazine is a bit pricy, but worth it if you use your air fryer often, or would like to!

Ingredients for: 1 head cauliflower (3 lbs or less, I used one about 2 lbs - all fit in my pan)

* for cauliflower batter

3 tbsp. ketchup

2 tbsp. bottled hot sauce - note: depending how hot your hot sauce is, use more or less.

This quantity is good for milder sauces.

1 egg white (I used the entire egg)

* for cauliflower breading

1/4 cup Panko breadcrumbs

* for dipping sauce (while the cauliflower is cooking, mix together the ingredients for the dipping sauce.)

1/4 cup sour cream

1 tbsp. crumbled blue cheese

1 clove garlic, grated

1 tsp. red wine vinegar

1/4 tsp. black pepper

1. Trim and cut the cauliflower into approx 1 inch florets. I made mine a bit bigger, and cooked 5 minutes longer.
2. Mix the batter ingredients in a bowl large enough to hold the cauliflower.
3. Dump the cauliflower florets into the batter and stir gently, coating the cauliflower well.
4. Take the florets from the batter and coat them with the Panko breadcrumbs. It is worth it to do one or only a few at a time to get a good coating.
5. Place the florets in your air fryer pan.
6. Preheat your air fryer to 320 degrees. Then put the cauliflower in and cook for 20 minutes, or until browned and crispy. I made my florets bigger and cooked for 25 minutes.