



Orange Cauliflower Bowls Recipe Delight

Introduction

Delight in the vibrant flavors of Orange Cauliflower Bowls, a dish that brings together crispy cauliflower and a zesty orange sauce. Perfect for a satisfying meal, this recipe from Damn Delicious showcases how to transform simple ingredients into a culinary delight. Whether you're a vegetarian or just looking for a delicious dish, this bowl is sure to impress.

Detailed Ingredients with measures

- 1 cup basmati rice
- 3 cups vegetable oil
- 1 ¼ cups cornstarch
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1 large egg, beaten
- ½ cup lager or pilsner beer
- 1 head cauliflower, cut into florets
- 2 green onions, thinly sliced
- 2 teaspoons toasted sesame seeds

For the sauce:

- ½ cup chicken stock
- ¼ cup freshly squeezed orange juice
- 3 tablespoons sugar
- 3 tablespoons rice wine vinegar
- 2 tablespoons reduced sodium soy sauce
- 3 cloves garlic, minced
- 2 teaspoons orange zest
- 2 teaspoons Sriracha, or more, to taste
- ¼ teaspoon ground ginger
- 1 tablespoon cornstarch

Prep Time

Preparation time for this recipe is approximately 15 minutes.

Cook Time, Total Time, Yield

The cook time is about 20-25 minutes, making the total time around 40

minutes. This recipe yields approximately 4 servings.

Enjoy your homemade Orange Cauliflower Bowls!

Detailed Directions and Instructions

Cook the Rice

In a large saucepan, bring 2 cups of water to a boil. Add the basmati rice, reduce the heat to low, cover, and cook according to package instructions. Once cooked, set aside.

Prepare the Batter

In a medium bowl, whisk together 1 ¼ cups cornstarch, 1 teaspoon baking powder, and 1 teaspoon kosher salt. Add the beaten egg and ½ cup lager or pilsner beer to the dry ingredients, whisking until smooth.

Heat the Oil

In a large stockpot or Dutch oven, heat 3 cups of vegetable oil over medium-high heat until it reaches 375°F (190°C).

See also Delicious Tzatziki Chicken Salad

Coat and Fry the Cauliflower

Working in batches, dip the cauliflower florets into the batter, allowing any excess to drip off. Carefully add the coated florets to the hot oil, frying 5 or 6 pieces at a time. Cook until they are evenly golden and crispy, about 3-4 minutes. Use a slotted spoon to transfer the fried cauliflower to a paper towel-lined plate to drain.

Make the Sauce

In a large saucepan over medium-low heat, combine $\frac{1}{2}$ cup chicken stock, $\frac{1}{4}$ cup freshly squeezed orange juice, 3 tablespoons sugar, 3 tablespoons rice wine vinegar, 2 tablespoons reduced sodium soy sauce, 3 minced garlic cloves, 2 teaspoons orange zest, 2 teaspoons Sriracha (adjust to taste), $\frac{1}{4}$ teaspoon ground ginger, and 1 tablespoon cornstarch. Bring the mixture to a boil, then reduce the heat and let it simmer, stirring constantly, until the sauce has slightly thickened, about 2-3 minutes.

Combine Cauliflower and Sauce

Add the fried cauliflower to the saucepan with the sauce, tossing to coat each piece evenly.

Serve

Divide the cooked rice among serving bowls. Top with the sauced cauliflower. Garnish with thinly sliced green onions and toasted sesame seeds. Serve immediately.

Notes

Cooking Rice

Make sure to follow the package instructions for the basmati rice for the best results.

Oil Temperature

Use a thermometer to ensure the oil is at the correct temperature before frying the cauliflower for optimal crispiness.

Frying in Batches

Don't overcrowd the pot while frying; this can cause the temperature of the oil to drop, leading to soggy cauliflower.

Adjusting Heat

Feel free to adjust the Sriracha in the sauce to suit your heat preference.

Garnishing

For additional flavor, consider other garnishes like chopped cilantro or cashews.

See also [Beef Rib Soup with Carrots and Corn Recipe](#)



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Cook techniques

Cooking Rice

Bringing water to a boil before adding basmati rice ensures the grains cook evenly. Covering and reducing the heat to low helps prevent the rice from burning or sticking.

Preparing Batter

Whisking together cornstarch, baking powder, and salt creates a light batter. The addition of egg and beer brings moisture and helps achieve a crispy texture when fried.

Heating Oil

Using a thermometer to gauge the oil temperature at 375°F is crucial for frying. Properly heated oil allows for quick cooking, resulting in a crispy exterior without absorbing excess oil.

Frying Cauliflower

Working in batches ensures that the oil temperature remains consistent. Dipping cauliflower in the batter evenly coats each piece, and removing them once golden guarantees a crispy texture.

Making Sauce

Combining ingredients in a saucepan and bringing them to a boil allows the flavors to meld. Equal attention to cooking time ensures the sauce thickens without burning.

Coating Cauliflower

Tossing the fried cauliflower in the sauce while it's still warm helps each piece get an even coating, enhancing the overall flavor and texture of the dish.

Serving

Dividing cooked rice among bowls before adding the sauced cauliflower creates an appealing presentation. Garnishing with green onions and sesame seeds adds freshness and crunch.

FAQ

Can I use another type of rice?

Yes, you can substitute basmati rice with jasmine or brown rice, keeping in mind the cooking times may vary.

What if I don't have lager or pilsner beer?

You can use any light beer or even sparkling water as a substitute for the beer in the batter.

Is there a way to make this dish gluten-free?

Yes, use gluten-free beer and ensure the soy sauce is labeled gluten-free.

See also Million Dollar Chicken Casserole

How can I store leftovers?

Store any leftovers in an airtight container in the refrigerator for up to three days. Reheat in the oven or air fryer for best results.

Can I make the sauce ahead of time?

Yes, you can prepare the sauce ahead of time and store it in the fridge. Reheat it gently before adding the cauliflower.

Conclusion

The Orange Cauliflower Bowls offer a delightful balance of crispy, flavorful cauliflower and a tangy sauce, perfectly complemented by fluffy basmati rice. This dish is not only a treat for the taste buds but also a great option for those seeking a vegetarian meal that's satisfying and delicious. Whether enjoyed as a main course or a side, these bowls

can be brought to life within no time, making them an excellent addition to any meal rotation.

More recipes suggestions and combination

Thai Peanut Tofu Bowls

Swap out the cauliflower for crispy pan-fried tofu and toss it in a vibrant Thai peanut sauce. Serve over jasmine rice with a sprinkle of crushed peanuts and fresh cilantro.

Buffalo Cauliflower Tacos

Dress the fried cauliflower in buffalo sauce and serve in soft tortillas. Top with shredded cabbage, avocado, and a drizzle of ranch dressing for a spicy twist.

Teriyaki Mushroom Bowls

Replace cauliflower with grilled portobello mushrooms, coated in a sweet teriyaki glaze. Serve over quinoa and garnish with green onions and sesame seeds.

Lemon Garlic Roasted Brussels Sprouts

For a different vegetable touch, roast Brussels sprouts with lemon and garlic, then serve over barley with a lemon dressing and toasted almonds.

Spicy Chickpea and Avocado Salad

For a fresh and nutritious option, toss roasted chickpeas with diced avocado, cherry tomatoes, cucumber, and a chili-lime dressing. Serve on a bed of mixed greens for a hearty salad.



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