

FRIED CAULIFLOWER WITH FRESNO AIOLI

INGREDIENTS

- 1 Head of Cauliflower Cut to Desired Size
- ½ Cup of Flour
- 2 Egg Yolks
- 1 ½ Cup of Cornstarch
- 1 Full Topo Chico
- Canola Oil
- Pinch Of Salt
- 2 Fresno Peppers Roasted and Deseeded
- 1 ½ Cups of Mayo Base
- Pinch of Salt
- Pinch of Pepper
- 2 Garlic Cloves
- 1 Shallot Julienned
- Finely Chopped Cilantro
- Lemon Oil
- ½ Cup of Fermented Mustard
- 2 Cups of Mayo
- 1 Whole Shallot
- 1 Tablespoon of Salt
- 1 Tablespoon of Pepper
- 1 Cup of Mustard Seeds
- 2 Cups of Rice Vinegar

DIRECTIONS

1. In a blender, add one whole shallot, 2 cups of mayo, ½ cup of fermented mustard seeds, 1 tablespoon of salt, and 1 tablespoon of pepper, and blend until smooth, and store in the refrigerator.
2. In a bowl, combine flour, cornstarch, and salt. Then add egg yolks and topo chico until a pancake batter consistency is reached.
3. Dip cauliflower in batter and fry in canola oil until crisp and golden.
4. In a blender, puree fresno pepper, garlic, and mayo and season to taste.
5. In a bowl, mix julienned shallots and cilantro to make a salad and season with salt and lemon oil.
6. Gamish cauliflower and enjoy!

Mustard Fermentation Process:

- In a container, add 1 cup of mustard seeds and cover with 2 cups of rice vinegar and let sit at room temp. Ideally let it sit for at least a week, but if you want it sooner, 8 hours will do the trick!

VESTALS

— CATERING —

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