

General Tso's Cauliflower

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/is-general-tso-s-recipe-chinese-or-japanese>

Ingredients:

- 1 head cauliflower
- 2 teaspoons cornstarch
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon sesame oil
- 1 pinch white pepper
- 1/4 cup water
- 1 cup rice flour
- 2 teaspoons toasted sesame seeds
- 3 cups peanut oil for frying
- 1 tablespoon peanut oil
- 2 teaspoons minced ginger finely
- 2 cloves garlic finely minced
- 5 whole dried red chili peppers optional
- 1/2 tablespoon Shaoxing wine
- 1/2 teaspoon sesame oil
- 1 1/2 tablespoons light soy sauce
- 2 teaspoons rice wine vinegar
- 2 tablespoons sugar
- 1 cup water or chicken stock
- 1 tablespoon cornstarch mixed with 1 tablespoon water
- 1 scallion cut at an angle into half-inch pieces

Nutrition:

1. Calories: 1380 calories
2. Carbohydrate: 41 grams
3. Fat: 135 grams
4. Fiber: 4 grams
5. Protein: 5 grams

6. SaturatedFat: 23 grams
 7. Sodium: 800 milligrams
 8. Sugar: 8 grams
-

Thank you for visiting our website. Hope you enjoy General Tso's Cauliflower above. You can see more 15 is general tso's recipe chinese or japanese Cook up something special! to get more great cooking ideas.