

Buffalo Cauliflower

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Servings: 4

1 head cauliflower, leaves removed
2 tablespoons + 1 teaspoon canola oil
Kosher salt
freshly ground black pepper
1/2 cup hot sauce
1/2 cup Sriracha sauce (Asian chile sauce)
1/2 cup (one stick) unsalted butter, cut into small pieces
1 tablespoon crumbled blue cheese (or more to taste)

Preparation Time: 20 minutes

Arrange a rack in the middle of the oven.
Preheat the oven to 375 degrees.

Cut the stalk end off of the cauliflower so that the head sits flat and place it on a large baking sheet. Rub two tablespoons of the canola oil all over the cauliflower. Season to taste with salt and pepper. Roast until the outside starts to brown, about 30 minutes.

Transfer the cauliflower to a cutting board and let cool. Once the cauliflower is cool enough to handle, cut or break it into small florets.

In a medium saucepan over moderate heat, bring the hot sauce and Sriracha to a boil. Reduce the heat to a simmer then slowly whisk in the butter until fully incorporated, about 5 minutes. Remove from the heat and let cool.

In a large, deep saute' pan over moderate heat, warm the remaining one teaspoon of canola oil. Add the cauliflower florets and season to taste with salt and pepper. Saute' until heated through, about 5 minutes. Add enough buffalo sauce to coat the cauliflower and continue saute'ing until both the cauliflower are hot, about 5 minutes.

Transfer the cauliflower to a platter and garnish with the crumbled blue cheese.

Start to Finish Time: 1 hour

The cauliflower can be roasted, cooled and cut into florets several hours in advance. Cover the florets and keep them in the refrigerator until ready to use. You may need to saute' them slightly longer if refrigerated.

The buffalo sauce can be prepared, cooled and kept in an airtight container in the refrigerator for up to three days.

Per Serving (excluding unknown items): 1075 Calories; 121g Fat (99.1% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 756mg Sodium. Exchanges: 1/2 Vegetable; 24 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1075	Vitamin B6 (mg):	.1mg
% Calories from Fat:	99.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	0.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	121g	Folacin (mcg):	16mcg
Saturated Fat (g):	15g	Niacin (mg):	trace
Monounsaturated Fat (g):	68g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	33g	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Daily Value*	on on%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	756mg	Vegetable:	1/2
Potassium (mg):	120mg	Fruit:	0
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	24
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	33mg		
Vitamin A (i.u.):	524IU		
Vitamin A (r.e.):	116RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 1075 Calories from Fat: 1065

% Daily Values*

Total Fat	121g	186%
Saturated Fat	15g	75%
Cholesterol	31mg	10%
Sodium	756mg	31%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	4%
Protein	1g	
Vitamin A		10%
Vitamin C		55%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.