

# General Tsos Cauliflower

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## Servings: 4

*2 tablespoons peanut oil*  
*3 whole dried red chilies*  
*2 scallions, thinly sliced*  
*1 clove garlic, minced*  
*1 strip orange zest, thinly sliced*  
*1/4 cup sugar*  
*3 tablespoons soy sauce*  
*1 tablespoon rice wine vinegar*  
*2 teaspoons sesame oil*  
*1/4 teaspoon ground ginger*  
*2 teaspoons cornstarch*  
*2 large eggs*  
*Kosher salt*  
*freshly ground black pepper*  
*1 pound (4 cups)*  
*cauliflower, cut into large florets or wedges*  
*3/4 cup cornstarch*  
*scallions (for sprinkling)*  
*steamed rice (for serving)*  
*orange slices (for serving)*

## Preparation Time: 50 minutes

In a medium saucepan over high heat, heat two tablespoons of the peanut oil. Stir in the chilies, scallions, garlic and orange zest. Cook, stirring, until the garlic has turned golden and the chilies brighten, about 1 minute.

Add the sugar, soy sauce, vinegar, sesame oil, ginger and three tablespoons of water. Bring to a boil. Cook until the sugar dissolves completely and the sauce becomes fragrant, 2 to 3 minutes.

In a small bowl, stir two teaspoons of the cornstarch into 1/4 cup of cold water. Whisk the mixture into the boiling sauce until thickened, about 1 minute. Remove from the heat and cover to keep warm.

Fill a large Dutch oven halfway with peanut oil. Heat over medium high to 350 degrees. Set a wire rack in a rimmed baking sheet and set aside.

In a large bowl, beat the eggs with 1/2 teaspoon of salt and a few grinds of pepper. Add the cauliflower florets to the bowl. Toss with the egg mixture. Sprinkle in the remaining 3/4 cup of cornstarch, a little bit at a time, until the cauliflower is well coated.

Fry the cauliflower in three batches. Gently place the cauliflower in the hot oil. Cook (adjusting the heat as necessary to keep the oil temperature at 350 degrees), keeping the pieces separated until light brown and crisp, about 6 minutes. Remove the cauliflower with a spider or slotted spoon and set on the prepared wire rack to drain briefly.

Transfer the cauliflower to a large bowl while it is still hot. Toss with the sauce to evenly coat. Transfer to a serving plate and top with scallions.

Serve with the rice and orange slices.

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Per Serving (excluding unknown items): 281 Calories; 12g Fat (37.1% calories from fat); 5g Protein; 40g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 818mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates.