

**FRENCH FRIED CAULIFLOWER**

**Yield** 100

**Portion** 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
159 cal	19 g	6 g	7 g	27 mg	382 mg	86 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 CAULIFLOWER,FROZEN  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 CHEESE,PARMESAN,GRATED

**Weight**

2-3/8 oz  
 2-1/3 lbs  
 1-1/4 lbs  
 20 lbs  
 4-3/8 lbs  
 2-1/2 oz  
 1/4 oz  
 14-1/8 oz

**Measure**

1 cup  
 1 qts 1/2 cup  
 2-1/4 cup  
 1 gal  
 1/4 cup 1/3 tbsp  
 1 tbsp  
 1 qts

**Issue**

**Method**

- 1 Reconstitute milk; add eggs. Mix well.
- 2 Cut large cauliflower pieces in half. Dip in milk and egg mixture; drain well.
- 3 Combine flour, salt, pepper and cheese. Dredge cauliflower in flour mixture; shake off excess.
- 4 Fry in 375 F. deep fat fryer for 3 minutes or until golden brown. Drain on absorbent paper. Serve immediately. CCP: Hold at 140 F. or higher for service.