



Cauliflower Balls

NIBBLEDISH CONTRIBUTOR

Ingredients

1 head of fresh cauliflower
3 slices of bread
milk
1 egg
extra fine bread crumbs
salt
black paper
a dust of garlic powder
fresh parsley, finely chopped
2 tbsp Parmesan cheese, fresh grated
oil for deep frying

Instructions

Wash the cauliflower, cut it into a small pieces.

Bring to a boil 500 ml of water over high heat, add the cauliflower, cover and cook about 10 minutes until it's soft. Pour the bread slices into a deep dish and fill with enough milk to cover the bread, set aside.

Dry the cauliflower and allow to cool about 10 minutes until it's cool enough to be touched by hands. Mash the cauliflower with a fork, squeeze the milk from the bread slices and chop it onto the cauliflower, stir with your hands to combine. Make a well in the center, add the egg, the salt, the black paper, the parsley, the garlic powder (how much depends of your taste) and the Parmesan cheese. If the mixture is still too wet add some extra fine bread crumbs, one tbsp at a time.

Fill the bottom of a plate with extra fine bread crumbs. Shape a small balls from the

cauliflower mixture, roll very well into the bread crumbs and fry into a very hot oil until lightly brown and crispy.
Serve these warm!