

CRISPY BAKED CAULIFLOWER CROQUETTES

by **radish*rose**

Inspired by [Rose Elliot's New Complete Vegetarian](#) - she tells you how to make baked croquettes out of all kinds of things! I used her technique. (I might croquette some other things. I'll let you know.)

Ingredients:

Leftovers from [cauliflower mash with parmesan, garlic, and butter](#) (I had enough to make about 7-8 croquettes.. it seemed like maybe 2 1/2 to 3 cups? I should have measured, sorry, but it doesn't really matter because you just make however many croquettes you got, my friend)

6 T. cornstarch

a few T. water

fine sea salt

freshly ground pepper

1/2 to 1 c. panko (Japanese breadcrumbs) - you could substitute regular breadcrumbs, or even ground nuts!

cooking spray (olive oil cooking spray is nice for this)

optional for dijonnaise dipping sauce: vegan mayo + dijon mustard (a couple tablespoons of each, mixed together)

Equipment: non-stick baking sheet

Method:

Get ready: Preheat oven to 400 degrees F. Liberally spray a baking sheet with cooking spray. Mix cornstarch with just enough water to make it a thin sauce consistency (kind of like regular yogurt - not Greek though, that's too thick). Add a pinch of salt and a little ground pepper to the cornstarch mixture, and mix well.

To make the croquettes: Form little patties out of your mash (mine made 7-8 - just make however many you can out of your leftovers). I thought it was a bit wet and worried it wouldn't stick together but IT DID. Dip each croquette in the cornstarch mixture (which helps add crispiness plus makes your panko stick on) - then roll in panko. Place on greased baking sheet. Lightly press the panko into each croquette. Spray tops with cooking spray (I know it seems random but do not skip this! it makes them crispy and brown).

To bake those bad boys: Bake those little guys 30-40 minutes, to the desired degree of golden brownness, turning once halfway through. I thought the turning would be more fraught with peril, but they did stick together! I served mine with dijonnaise dipping sauce (1/2 vegan mayo, 1/2 dijon mustard). YUM!

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