



Air Fryer Korean Fried Cauliflower with Gochujang Glaze + Sesame Rain

Description

This **Air Fryer Korean Fried Cauliflower** is not just food – it's edible art. Crispy golden florets coated in a sticky-spicy **gochujang glaze** that glistens like liquid fire, finished with a "sesame rain" that lands in motion. Perfect for parties, appetizers, or when you want to turn your kitchen into a K-Street food stall.

What Is Korean Fried Cauliflower?

Korean Fried Cauliflower takes inspiration from **Korean fried chicken** – famous for its ultra-crispy coating and sweet-spicy glaze. Instead of chicken, we use cauliflower florets, which turn out just as satisfying thanks to the air fryer. The gochujang sauce gives it that fiery, umami kick, while a drizzle of honey and sesame oil rounds out the heat with caramelized depth.

The best part? **No deep frying, no oil splatter – just 100% crunch with 90% less oil.**

Why You'll Love This Recipe

- **Spicy + Sweet Harmony:** The gochujang glaze is bold, addictive, and perfectly balanced.
- **Better-for-you comfort food:** Crispy texture without deep-frying.
- **Quick and easy:** Ready in under 25 minutes from prep to plate.
- **Vegan-friendly:** Perfect for plant-based eaters or anyone craving something new.
- **Visually stunning:** Red glaze dripping + sesame rain = Instagram gold.

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Ingredients You'll Need

For the Cauliflower:

- 1 medium **head of cauliflower**, cut into bite-size florets
- $\frac{1}{2}$ cup **all-purpose flour** (or rice flour for gluten-free)
- $\frac{1}{2}$ cup **cornstarch**
- $\frac{1}{2}$ cup **plant-based milk** (or regular milk)
- 1 tsp **garlic powder**
- 1 tsp **salt**
- $\frac{1}{2}$ tsp **black pepper**
- Olive oil spray

For the Gochujang Glaze:

- 3 tbsp **gochujang** (Korean red chili paste)
- 2 tbsp **soy sauce**
- $\frac{1}{2}$ tsp **rice vinegar**
- 2 tbsp **honey** or **maple syrup**
- 1 tbsp **brown sugar**
- 1 tsp **toasted sesame oil**
- 2 cloves **garlic**, minced
- 1 tsp **grated ginger**

Garnish:

- **Toasted sesame seeds** (for that beautiful sesame rain)
- **Sliced green onions**
- Optional: **thinly sliced red chilies** for a dramatic finish

Step-by-Step Instructions

1. Prepare the Cauliflower

Rinse and pat the florets dry. Moisture is the enemy of crispiness!

2. Coat the Florets

In a large bowl, whisk together flour, cornstarch, garlic powder, salt, and pepper. Add milk and stir into a smooth batter. Toss the florets until evenly coated.

3. Air Fry Until Golden

- Preheat the air fryer to **375°F (190°C)**.
- Lightly spray the basket with oil.
- Place the battered cauliflower in a single layer (don't overcrowd).
- Air fry for **12-15 minutes**, flipping halfway, until golden and crispy.

4. Make the Gochujang Glaze

In a saucepan over medium heat, combine gochujang, soy sauce, rice vinegar, honey, brown sugar, sesame oil, garlic, and ginger. Stir until it thickens and becomes glossy (about 3-5 minutes).

5. Toss & Glaze

Transfer the crispy cauliflower into a large mixing bowl. Pour the warm gochujang glaze over it and toss gently until each floret is coated in that deep red sheen.

6. Sesame Rain Finale

Arrange the glazed cauliflower on a plate. Sprinkle toasted sesame seeds while the glaze is still tacky - watch them cling and fall like edible confetti. Finish with green onions for a pop of freshness.

Tips for the Perfect Air Fryer Crunch

- Dry the cauliflower well** before battering. Any moisture makes it soggy.
- Cook in batches** for even airflow and crisping.
- Use cornstarch + flour** - this combo guarantees that signature crunch.
- Reheat tip:** Pop leftovers back in the air fryer for 3-4 minutes at 350°F to revive crispiness.

Flavor Variations You'll Love

- Sticky Garlic Soy:** Swap gochujang for soy sauce + garlic + brown sugar.
- Honey Sriracha:** Mix sriracha with honey and lime juice for a tangier kick.
- Miso Maple Glaze:** Combine miso paste with maple syrup and rice vinegar for a savory-sweet twist.

Storage & Reheating

- Refrigerate:** Store leftovers in an airtight container up to 3 days.
- Reheat:** Air fry for 4 minutes at 350°F until hot and crisp.
- Freeze:** You can freeze unglazed fried cauliflower and re-air fry before glazing.

Nutrition Snapshot (Per Serving)

- Calories: ~180
- Protein: 5g
- Carbs: 28g
- Fat: 6g
- Fiber: 3g

Final Bite

Every crunch releases a burst of smoky-sweet heat. The glaze shines like ruby glass, the sesame falls in slow motion and you'll find yourself licking your fingers, wondering how cauliflower could ever taste this good.

Category

- 1. Air Fryer Recipes

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