

Cauliflower Pastries

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

These delicate, creamy pastries are always a favorite, and no one will guess that they're dairy-free! To make sure there's enough for everyone, you may want to double this recipe.

Image not found

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Ingredients

3/4 c
Fresh cashew milk*
1 tspn
olive oil
1 1/2 c
Cauliflower, finely chopped
1 tspn
Fresh ginger juice**
1 tspn
Lemon juice
1/4 tspn
Ground coriander
1 pn
Turmeric and asafetida
1/2 Tbsp
Bragg liquid aminos
1/16 tspn
salt, or to taste
1 Tbsp
Cornstarch mixed with 2 Tbsp. water
3/4 c
Unbleached white flour

1¼ c
Whole wheat pastry flour
2 tspn
Egg replacer powder
1½ tspn
Baking powder
1⅙ tspn
Baking soda
1⅛ tspn
Salt
3 Tbsp
olive oil
1 Tbsp
Eggless mayonnaise
3 Tbsp
Water, or as needed

Instructions

1. Prepare the cashew milk as directed below and set aside. Heat the oil in a nonstick skillet on medium heat and sauté the cauliflower until lightly browned. Add a little water and cook until tender.
2. Stir in the cashew milk and the next 6 filling ingredients and gently simmer for a few minutes. Add the cornstarch mixture and stir until thickened. Cool before using.
3. Preheat the oven to 350°F. Combine the dry pastry ingredients in a medium bowl. Add the oil and eggless mayonnaise and rub in until evenly crumbly. Gradually add enough water to make a soft ball.
4. Divide the dough into 8 pieces. On a floured work surface, roll the pieces out into thin circles about 1/16 inch thick. Spoon 1/8 of the filling onto one side of each pastry, leaving room to seal.
5. Fold the other side over the filling. Seal by fork-pressing the edges evenly. Prick the tops and lay the pastries on an oiled cookie sheet. Bake for 30 minutes, or until light golden brown.

Notes

*Cashew milk: Blend 1/4 cup raw cashew pieces with 1 cup hot water until smooth. Strain through a fine strainer.

**To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

Nutritional Information Per Serving:

Calories: 150, Fat 8.3g (74 cal), Carbohydrate 16.2g (64 cal), Protein 2.9g (12 cal)

Added information: Saturated Fat 1.3g, Cholesterol 0mg, Sodium 168mg, Dietary Fiber 1.4g

Source URL: <http://www.wailana.com/lifestyle/recipe/cauliflower-pastries>