

Zero Waste Crispy Whelks, Carrot Skin Taco with Cauliflower Leaf Slaw

Ingredients - Makes 10 large tacos

Taco

200g whole carrot with peel on
75g grated cheddar cheese
5tbsp gluten free oats
2 eggs or 75g aquafaba

Crispy whelks

250g whelks – shelled & cooked or 250g cauliflower heads
50g Japanese rice flour
10g ginger & garlic puree
100ml sweet chilli sauce
100ml water
30g sriracha sauce
20g gochujang Korean paste
75g caster sugar
5g cider vinegar

Cauliflower Leaf Slaw

1 cauliflower leaves only
5g furikake seasoning
10ml gluten free tamari soy sauce
10g sriracha sauce
1 lime zest & juice
1 radish head
1 spring onion top



Aquafaba sriracha mayonnaise

10 tbsp aquafaba
3 tbsp sriracha sauce
1tsp lemon juice
1tsp white wine vinegar
½ tsp sugar
½ tsp salt
125ml rapeseed

Method

1. To make the carrot taco grate the carrot & cheddar separately & mix with the blended oats & egg & mix all together. Scoop 5 balls onto 2 baking trays & bake at 200 degrees for 15 minutes for soft taco or 20 minutes for crispy taco. Leave to cool & set aside.
2. To make the Korean glaze in a sauce pan put all ingredients into the pan & reduce down until becomes a syrup & season to taste. Keep warm & set a side till you fry the whelks or cauliflower off.
3. To make the cauliflower leaf slaw shred the cauliflower & mix the rest of the ingredients through & set a side ready to build your taco.
4. In a blender mix all the ingredients for the mayonnaise apart from the rapeseed oil. Once all blended together slowly add your rapeseed until becomes mayonnaise consistency.
5. Fry your coated whelks or cauliflower off in a fryer at 180 degrees until cooked through thoroughly & start to build your taco by starting with cauliflower leaf, whelks or cauliflower & finish with your aquafaba mayonnaise with lime, radish & coriander to finish.



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All Chefs Are Responsible For Using Correct Measurements To Ensure Nutritional Analysis Is As Accurate As Possible.
Allergens, Although Stated, Are To Be Used As A Guide And Dishes Must Have All Allergens Checked Before Sale, As
Products May Vary Slightly From Suppliers



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