

## Spicy Buffalo Cauliflower Puff Pastry Twists Stuffed with Blue Cheese

Buffalo Cauliflower & Blue Cheese-Stuffed Puff Pastry Twists



**OVEN**  
**400°F**

**TIME**  
**25 min**

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### INGREDIENTS

- 1 head cauliflower, cut into small florets
- 1/2 cup buffalo sauce
- 1/4 cup melted butter
- 1 sheet puff pastry, thawed
- 1/2 cup crumbled blue cheese
- 1 egg, beaten
- Salt and pepper, to taste
- Ranch or blue cheese dressing, for dipping

### DIRECTIONS

1. Preheat oven to 400°F.
2. In a bowl, toss cauliflower florets with buffalo sauce, melted butter, salt, and pepper.
3. Spread cauliflower on a baking sheet and roast for 20-25 minutes until tender and slightly caramelized. Let cool slightly.
4. On a floured surface, roll out puff pastry and cut into 1-inch wide strips.
5. On one end of each strip, place a spoonful of roasted cauliflower and sprinkle with crumbled blue cheese.
6. Roll and twist each strip into a spiral shape, enclosing the filling.
7. Place on a parchment-lined baking sheet and brush tops with beaten egg.
8. Bake 15-20 minutes, until puffed and golden.
9. Serve warm with ranch or blue cheese dressing.

### SWAPS & NOTES

Buffalo sauce : Use your preferred spice level-mild, medium, or hot.

Blue cheese : Goat cheese or feta make good alternatives for a milder twist.

Puff pastry : Crescent roll dough works in a pinch, though the texture will be softer.

Add-ins : Chopped green onions or cooked bacon bits add extra dimension.

### TIPS FOR SUCCESS

Cool the cauliflower slightly before stuffing so the pastry doesn't get soggy.

Brush with egg wash for that glossy, bakery-style finish.

Roast the cauliflower a day early and assemble fresh.

Serve on a platter with extra dipping sauce in the center for a crowd-friendly presentation.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/spicy-buffalo-cauliflower-puff-pastry-twists-stuffed-with-blue-cheese/>