



# *Cauliflower Steak*

I adapted this recipe from one I saw from London based Chef Yotam Ottolenghi. I've made this one vegan, but you can substitute heavy cream for the almond or coconut milk. This dish will convert the meat eater in your life to eating more plant based. You will have some salsa verde left over, which will be great on scrambled eggs, pasta or on crostini with ricotta cheese.

Makes 2 servings

## **For the Cauliflower steak & Puree:**

1 head Cauliflower  
1 ½ c Almond or coconut milk (Unsweetened)  
½ c Vegetable stock  
2 each garlic, cloves  
To Taste salt & pepper

## **For the Salsa Verde:**

½ each Lemon, zest & juice  
2 tbl garlic, minced  
1 tsp Dijon mustard  
1/3 c. extra virgin olive oil  
¼ cup capers, rough chopped  
3 each Calabrian chile peppers, finely chopped (or sub 1-2 tsp red pepper flake)  
1 bunch Parsley, chopped.  
To taste salt & pepper

**For the salsa verde:** Combine all ingredients and season to taste. If you want more spice or heat, you can add more chile flake or extra Calabrian chiles.

**For the Cauliflower:** Cut the head in half, and from the cut sides, cut a 1.5" slice from each half, remove the stem & leaves, keeping the core intact. That will give you the 'steaks'. Set aside. Chop up the remaining cauliflower and place in a sauce pan with the garlic cloves, milk & stock, season with salt & pepper. Bring to a boil, then reduce to simmer until cauliflower is soft and almost falling apart. Using an immersion blender, puree the cauliflower and whatever liquid is left in the pot until pureed. Keep warm. Steam the cauliflower steaks for approximately 12-14 minutes until they are tender, you can test them by inserting a wooden skewer. Once done, carefully remove from steamer and brown them in a saute pan with olive oil. Divide the puree on two plates, serve steak on top of puree and top with the salsa verde.