

Cauliflower 'Steak' w/ Chimichurri Sauce

Swick

Serves 2 | Active Time: 45 minutes | Total Time: 1 hour 30 minutes

Step 1: Preparing the Chimichurri Sauce

- 1 recipe Chimichurri Sauce
- 1 roasted red pepper* (optional)

To start, first prepare the Chimichurri Sauce. Note that you likely will not need all of the chimichurri sauce, so you can either halve the recipe or use the leftovers for another purpose. Alternatively, you could easily double the amount of cauliflower 'steaks', if desired.

*Note: The extra roasted red pepper is for garnish. Once the pepper has been nicely charred and peeled, cut into somewhat-thick strips.

Step 2: Preparing & Baking the Cauliflower

- 1 head cauliflower, leaves and stem trimmed*
- 2 cloves garlic, chopped
- 2 cups stock
- 1/2 cup vermouth
- 2 bay leaves
- 2 slices fresh lemon
- 1/2 tsp sea salt

To bake the cauliflower, first, preheat the oven to 350°F (175°C).

*NOTE: Do NOT core the cauliflower. The stem is needed to keep the 'steaks' intact. With the cauliflower sitting on its stem, cut in half through the middle. Trim the outer edge of each half to form a thick steak-like piece of cauliflower. Each piece should be approximately 1 1/2 inch thick.

In a 9×11 baking dish, mix together the garlic, stock, vermouth, bay leaves, lemon, and salt. *Note: The amount of salt you add will depend on how salty your stock is, to begin with. Taste for seasoning and adjust as necessary.

For the stock, use a good vegetable stock or use this Faux Chicken Bouillon Powder to make a quick stock.

Place the cauliflower into the liquid and cover tightly with foil. Carefully transfer to the oven and let bake for approximately 30 to 45 minutes. Ultimately, the time will depend on how thick the 'steaks' are and your oven.

Test the 'steaks' periodically. When a knife goes in somewhat easily the cauliflower is done. Note: The cauliflower should be cooked through, but still a bit firm. If it's too soft, it will fall apart during frying.

Step 3: Pan-Searing & Serving the 'Steaks'

- 1 tbsp oil

Once the cauliflower is ready, carefully remove the foil from the baking dish, making sure you don't burn yourself from the steam.

At this point, remove the 'steaks' from the liquid and place it onto a plate lined with a paper towel. Blot the top of the cauliflower with a paper towel as well. This step helps ensure you get a nice golden crust.

Next, heat a large frypan—or better yet, a cast-iron skillet—over medium heat. Once hot, add the oil, followed by the cauliflower. Let the cauliflower cook for about 4 to 6 minutes, or until golden brown on each side. Try not to fiddle with the pieces too much, otherwise, the 'steaks' will start to fall apart.

Once done, toss the red pepper strips with a bit of the chimichurri sauce and place a small handful of the strips on top of each piece of cauliflower. Drizzle the plate with a bit more sauce and serve with additional chimichurri as desired.

Chef's Notes

Much of this dish can be made ahead of time—including the baking of the cauliflower.