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by Davina

Cheesy cauliflower steak



Ingredients

2 large cauliflowers
1 small onion chopped
150 g of grated Grana Padano cheese
2 tbsp of extra virgin olive oil
1 small bunch of thyme
2 garlic cloves
20 g of unsalted butter
Salt and pepper

Servings

4

Person

Preparation Time

1

hr

Preparation

- 1 Start with slicing the 2 cauliflowers. You need to get 4 slices 3cm thick from the most central part. You could do them horizontally or vertically, but it is important to include the stalk in the middle of each slice.
- 2 Once you have 4 nice steaks that hold together, use all the trimmings for the puree. Gently fry the chopped onion in a small casserole dish with a drizzle of extra virgin olive oil and a pinch of salt for about 10-15 minutes.
- 3 Meanwhile boil the cauliflower trimmings in salted water until soft. Now drain the cauliflower and add them to the onion. Continue to cook for 5 minutes adding a glass of the cooking water.
- 4 Now blend with a powerful processor add 4 large spoonfuls of Grana Padano to give body and flavour to the puree. Once smooth, season to taste and keep aside.
- 5 Heat up a large non-stick pan and sear the cauliflower steaks with an abundant drizzle of oil. Season with a pinch of salt and pepper and cook for 2 minutes each side until golden.
- 6 Lower the heat, add the butter, garlic and thyme and glaze the steaks with the melting

butter, as if they were beefsteaks.

- 7 Remove from the heat being careful not to break them and finish in the oven at 180 degrees for 5 more minutes covering with kitchen foil.
 - 8 Once the steaks are cooked you can move onto plating the dish. Spread 1 large spoon of cauliflower puree on each plate, top with the golden steaks and finish with extra grated Grana Padano cheese.
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