

Posted on 2 December 2019

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.