

# CAULIFLOWER STEAKS

Prepared by: Rhonda O'Dell, May 2018

Source: Genius Recipes

One 1 1/2-pound head of cauliflower  
1 1/2 cups water  
1 cup whole milk  
2 tablespoons vegetable oil plus more for brushing  
Salt and freshly ground pepper

Heat oven to 350°F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside. Cut enough florets from remaining cauliflower head to measure 3 cups. Combine florets, water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid. Transfer florets to blender. Add half of the reserved 1 cup cooking liquid and puree until smooth. Add more of the liquid if desired, and puree again. Return puree to same saucepan. Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat. Brush cauliflower steaks with additional oil and sprinkle with salt and pepper. Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side. Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes. Rewarm cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.

*Rhonda's Notes: I would make these again.*

