

ROASTED CAULIFLOWER STEAK

1 large head cauliflower (about 1 1/2 pounds)
olive oil
Kosher salt
Fresh black pepper

Preheat oven to 375-400 degrees F.

Remove the outer dead green leaves from the head of cauliflower if any, and trim the end of the stem so it is level to the surface. Using a large knife find the center line of the cauliflower and slide over 1 inch to 1 1/2 inches and slice down all the way. That will give you the ends to separate for roasting, unless they stay intact, which is great. Slide the knife back to the left and cut at the center line giving you the first fully intact steak. Now do the same thing on the left side. You may be able to get more than two full steaks, depending on the size of your cauliflower.

Trim any florets from the ends and place on the sheet pan along with the rest of the full steaks. SEASON the cauliflower fairly generously with salt, pepper and olive oil.

If you have a lot of cauliflower to roast, it is not a bad idea to initially roast the cauliflower covered with foil for roughly 5-8 minutes. The steam will move it along.. Remove the foil from the cauliflower and roast for 15-20 minutes, until brown.

Serves 4

NOTE – you can season the cauliflower with any combination of spices as well. If you are making a spice rub for meat, use the same spice rub for your cauliflower. Just keep your friends hands away from your cauliflower, they will want it!! 😊