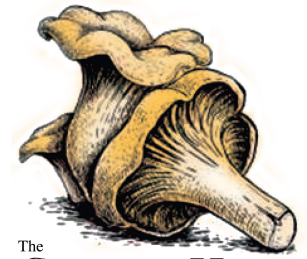


Grilled Cauliflower Steaks

with Herb Vinaigrette and Toasted Walnuts



The
Carriage House
Cooking School

If you are a meat eater this is your invitation to try something new and different that will be as satisfying as that steak. Cauliflower, when grilled, has an amazingly meat like character, and when served as a steak, meaning it has to cut and forked to eat it, it feels like you are eating a steak. Of all the recipe in this class I feel this one has the potential to make a non-vegetable loving person a true advocate for their daily

1/2 cup flat leaf parsley leaves
1/4 cup chives, cut into 2" sticks
1/4 cup extra virgin olive oil
1 tablespoon fresh lemon juice

1/4 cup walnuts

1/2 cup extra virgin olive oil
1 head cauliflower
1 tablespoon extra virgin olive oil
1 pinch kosher salt
1 pinch black pepper

1. Make the vinaigrette by combining the parsley and chives, olive oil and the lemon in a container and puree with an immersion mixer. Save for plating.
2. Preheat a grill pan or grill to medium high heat. Place the walnuts in a sheet of aluminum foil and seal. While the grill is heating add the walnuts to the grill, shaking occasionally. Cook the walnuts for 4 to 5 minutes once the grill has reached its heat point. Remove and hold for plating.
3. Prepare the cauliflower steaks by cutting four big slabs from the head of cauliflower. Brush each slab with olive oil and season lightly with salt and pepper. When the grill is hot place the cauliflower steaks on the grill and allow to cook, untouched, for 5 minutes. Check the steaks, flip and cook an additional 2 minutes on the second side.
4. Place each steak on a plate and spoon the vinaigrette over the steak. Garnish with the toasted walnuts and season with salt and pepper.