

# Cauliflower Steaks with Herbed Cauliflower Purée

Adapted from *Dan Barber/bon appétit*

*Serves 2:*

## Ingredients

1-1 1/2 to 2 pound cauliflower  
1 cup whole milk  
1 1/2 cups water  
kosher salt and freshly ground black pepper  
2 tablespoons canola or vegetable oil, plus more for brushing  
1 to 2 tablespoons crème fraîche, optional  
2 teaspoons minced marjoram, or other fresh herbs, optional

## Preparation

Preheat oven to 250 degrees.

Remove outer leaves and, using a sharp chef's knife, cut head of cauliflower in half down center. Cut a one inch thick slice from the center of each half, being careful to keep each steak intact. Chop remaining cauliflower into florets--you should have 3 to 4 cups.

In a medium saucepan, combine florets with milk and water; season with kosher salt and black pepper. Bring to a boil, then simmer for 10 minutes, until cauliflower is tender when poked with a knife. Use a spider or strainer to remove florets from liquid and spread out on a baking sheet. Reserve one cup of cooking liquid.

Place florets in oven and bake for 10 minutes to dry out.

Remove cauliflower and raise oven temperature to 350 degrees.

Place florets in the bowl of a food processor or blender. Add 3/4 cup of cooking liquid and blend, adding more liquid as needed; return purée to saucepan. Over a medium high flame, heat canola oil in a heavy skillet or cast iron pan. Brush both sides of cauliflower steaks with oil and lightly season with kosher salt and black pepper. Add steaks to hot pan and sauté for 3 to 4 minutes on each side until golden brown. Place skillet in oven and bake for 10 minutes, or until the steaks are tender. While the steaks bake, rewarm purée over medium heat. Stir in crème fraîche and minced marjoram or whatever fresh herbs you may have on hand. Taste and adjust seasoning as needed. Spoon warmed purée onto two rimmed plates and top each with a cauliflower steak.

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