

Cauliflower steak with cauliflower mash

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Ingredients

- 1 a large, beautiful head of cauliflower (this will be enough for both steaks and mash)
- 1 Pairs ((if you don't have it, you can replace it with onion))
- Garlic: a couple of cloves
- Butter: good quality, about 2-3 tbsp. spoons (for porridge and steaks - believe me, there won't be too much here!)
- Aromatic herbs: fresh sage and thyme
- Olive oil (for frying)
- Seasonings: your favorite steak seasoning, salt, pepper

Instructions

Preparation

1. First, we wash the cauliflower. From the very middle, we carefully cut out several nicer steaks, a couple of centimeters thick, which we will bake. We keep all the remaining sides and scraps of cauliflower for the mash.

Steaks

2. Steaming: We first steam the cut steaks for about 3 minutes. This is a very important step - they manage to soften from the inside, but keep their shape, do not fall apart and do not shrink. After steaming, we dry them very well.

3. Frying in a pan: In a heated pan with a little oil, we briefly fry the steaks on both sides to get a nice crust.

4. Cooking in the oven: Transfer the steaks to a baking tray, salt, sprinkle with your favorite spices and put a piece of butter on each one. Bake in an oven heated to 170 °C for about 15 minutes, until they are nicely browned and caramelized.

Porridge

5. Cooking: While the steaks are cooking, boil the rest of the cauliflower completely in the pot and drain well.

6. Stew the accessories: Melt 1-2 tablespoons of butter in a pan. Add chopped leek (or onion), chopped garlic and aromatic herbs - sage and thyme. Lightly saute everything over low heat until the leeks are soft and the butter is infused with the aroma of herbs.

7. Grinding: Put the boiled cauliflower and sauteed leeks with herbs and whole butter into a food processor (blender) and grind to a puree. I like it better when the texture is still felt, but that's up to you ;)

Serving

8. Pour warm cauliflower mash liberally into the bottom of the plate. We put the hot, fragrant and caramelized roast cauliflower on top. Finally, pour the remaining aromatic melted butter directly from the baking pan over the dish. The combination of butter, sage and roasted cauliflower is something incredible!



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