



### **Cauliflower Steak with Romesco Sauce**

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Cook Time:

#### **Ingredients:**

- 2 lb (.9 kg) fresh Cauliflower Head
- 2 tablespoons (30 mL) plus 2 teaspoons (10 mL) Extra Virgin Olive Oil
- 3/4 teaspoon (3.75 mL) kosher salt
- 1/4 teaspoon (1.25 mL) ground black pepper

#### **Instructions:**

1. Place whole head cauliflower on cutting board. Slice about 2" thick slices from the center, with the stem so that it holds together. Combine oil with seasoning blend, salt and black pepper. Rub on both sides of each 'steak.'
2. Heat a pan and pan roast until tender, about 3 minutes per side.
3. Serve Cauliflower Steak with 2 tablespoons of Romesco Sauce (recipe below)

#### **Romesco Sauce with Almonds:**

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| 1 fresh red bell pepper                    | 2 fresh shallots, chopped              |
| 2 fresh tomatoes                           | 1 teaspoon (5 mL) ground paprika       |
| 1 slice of white bread                     | 1 tablespoon (15 mL) olive oil         |
| 3 fresh garlic cloves, peeled              | 2 tablespoons (30 mL) red wine vinegar |
| 1/2 cup (120 mL) olive oil                 | 2 teaspoons (10 mL) granulated sugar   |
| 1/4 cup (60 mL) blanched, silvered almonds | 1 tablespoon (15 mL) warm water        |
| 1 Fresno chilis, thinly sliced             | 1/2 cup (120 mL) canola oil            |

#### **Instructions:**

1. Preheat oven to 425F. Halve and seed the bell peppers. Halve the tomatoes. Dice the bread.
2. Place the bell peppers, tomatoes and garlic in a dish and drizzle with olive oil, turning to coat. Bake in the preheated oven for 20-25 minutes. Remove from the oven and cool. When cool enough to handle, peel, and discard the skins off the tomatoes and peppers. Place the flesh of the vegetables into a food processor and blend until smooth.
3. Heat a sauce pan large enough to fit the ingredients. Add oil, bread and almonds and cook on low heat for a few minutes until lightly browned. Remove and drain on paper. Add the chili, shallots and paprika to the pan and cook for 5 minutes.
4. Add the bread mixture, chili, and shallots to the food processor. Add vinegar, sugar, and water. Process to a paste, then with the motor still running, add oil in a slow steady stream. Cover to chill. Portion size: 2 Fl oz.

#### **Nutrition:** Serving Size – 1 cauliflower slice with 2-ounce sauce

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|-------------------|------------------|
| Calories: 215     | Carbs: 7g        |
| Sugar: 2g         | Fiber: 2g        |
| Sodium: 185mg     | Protein: 2g      |
| Total Fat: 20g    | Cholesterol: 0mg |
| Sat/Trans Fat: 2g |                  |