

# CAULIFLOWER STEAK

"Butcher" your cauliflower and grill up some steaks! Amp up the flavor with this spice combo.

**Adapted by Chef Kurt Kwiatkowski from a recipe by Emily Han at Kitchn**

**Featured Food:** Cauliflower

**Yield:** 3-6 Servings

## Ingredients

1 large head cauliflower    1 t. ground turmeric  
3 T. olive oil                1 t. curry powder  
1 T. minced fresh ginger    2 T. chopped fresh cilantro  
1 t. ground cumin            Salt and pepper to taste

## Preparation

Preheat oven to 425°F.

Trim leaves and cut stem end flush with base of cauliflower head. Cut cauliflower from top to bottom into 3 ¾ inch-thick slices or "steaks." Yield should be 3 steaks.

Heat 1 Tablespoon oil in a large non-stick skillet over medium-high heat. Sear cauliflower until golden on both sides, about 2 to 3 minutes. Transfer to sheet tray.

Whisk remaining oil with ginger, cumin, turmeric, and curry powder, then brush or spoon onto cauliflower.

Roast in the oven for about 15 minutes. Remove from the oven and season with salt and pepper. Transfer to a serving plate, garnish with cilantro and serve.

*Chef Kurt Kwiatkowski, MSU Culinary Services, adapted this [recipe](#), increasing the spices for a punch of flavor. Great as a side dish, it also makes a delicious vegetarian main dish.*