

Grilled Cauliflower “Steaks” with Sweet and Sour Beet Vinaigrette

Ingredients:

1-2 heads Cauliflower – Cut into 1 inch slices for steaks
1-2 Tablespoons Madras Curry Powder
3-4 oz. Extra Virgin Olive Oil
1 Each Lemon Juice and Zest
1 – 1 ½ Teaspoons Salt
½ - 1 Teaspoon Fresh Ground Pepper

Beet Vinaigrette:

2 Cups Red Beet Juice
2 Tablespoons Maple Syrup
1 Teaspoon Dijon Mustard
½ Cup Apple Cider Vinegar
½ Cup Extra Virgin Olive Oil
½ Cup Avocado Oil (may substitute light flavor olive oil)
½ Teaspoon salt
¼ Teaspoon Fresh Ground Pepper

Directions:

First make the vinaigrette. Reduce the beet juice in a small sauce pot by 2/3 so there's about 2/3 cup remaining. Place the juice into a Vitamix blender and allow to cool for 10-15 minutes. Then add the salt, pepper, cider vinegar, Dijon, maple sugar. Turn on the blender starting out low. Move dial to number 8. Add the oils in a stream while running the blender. The stream should take about 10-15 seconds to add. At this rate you should achieve an emulsification. Set vinaigrette aside. Lasts for 2 weeks in the fridge.

Fire up the grill either gas or charcoal. Cut the cauliflower into steaks about 1-inch thick from top of head down to stem. Typically you can only use the middle part of the cauliflower to achieve a nice big slice. The remaining bits can be used for something else like Faux rice.

Lay the cauliflower onto a tray and drizzle with the olive oil. Sprinkle the salt, pepper and madras curry onto both sides of the steaks. Grill on high for about 4-5 minutes per side. Place onto a tray when finished grilling. Sprinkle the lemon juice and zest onto the steaks. Serve with the beet vinaigrette drizzled on top. Don't forget the steak knives. ☺