

Cauliflower Steak

1 large head of cauliflower

Remove bottom leaves from the base of the cauliflower head keeping the large stem intact. Using a large French knife and a cutting board, slice cauliflower into 1 inch thick “steaks”. Place them in a single layer on a baking sheet.



Preheat grill, with clean lightly oiled grates, to medium-high heat.

Whisk together the following ingredients in a bowl.

¼ cup	olive oil
3 Tbsp	lemon juice
1 tsp	minced garlic
½ tsp	salt
1 tsp	smoked paprika
1 tsp	brown sugar
½ tsp	chili powder
1/8 tsp	ground black pepper

Brush one side of each cauliflower steak with the above seasoned oil mixture. Place “steaks” on the grill with the seasoned side down. Grill for 4 or 5 minutes. Brush top side of steaks with seasoned oil mixture and carefully turn steaks over. Continue grilling until nicely browned.

Adjust grill time according to your preference, grilling longer for a less firm cauliflower steak.