



Romesco Sauce with Cauliflower Steaks

By Chef Veera Gaul, Ph.D.



Ingredients

- 1 large cauliflower
- 2 tablespoons [Garlic Olive oil](#)*
- Salt & pepper to taste
- 1 teaspoon Garlic powder
- Chopped parsley, or a spicy/lemony blend of micogreens
- Sauce:
 - 1 jar of good roasted red peppers (16oz)*
 - ½ cup blanched almonds, toasted
 - ¼ cup sun dried tomatoes, drained and rinsed (or 1 tablespoons tomato paste)
 - 1 tablespoon Sherry vinegar
 - 1 teaspoon [Smoked Paprika](#)*
 - ¼ teaspoon cayenne pepper (or more to taste)
 - 1/3 cup Single estate EVOO

Preparation

Pre-Heat the oven to 425 F

Trim the bottom of the stem so the cauliflower stands upright. Cut the head into vertical slices about 1 ½ inches thick.

Arrange in a single layer on a parchment covered baking sheet. Brush with oil and season with salt, pepper, and garlic powder. Roast, flipping once halfway, until cauliflower is tender and golden, about 35 minutes. (See Tips below)

Meanwhile, make the sauce

Process all the ingredients (except the EVOO) in a food processor until well blended. Start to drizzle in the EVOO while the blender is running until you reach the desired consistency of the sauce.

Taste, and add salt and pepper as needed.

Plate by spreading about 1/8th cup of sauce on a plate, carefully place the cauliflower steaks on top of the sauce and garnish with herbs or microgreens

Notes

*The essence of this amazing Catalonian sauce is the red peppers, so splurge on good quality roasted red peppers for this recipe.

*The [Smoked Paprika](#) from Oil & Vinegar has a particularly intense smokiness that I love because of the specific way it is smoked. The [Garlic Oil](#), adds another layer of flavor to the cauliflower, but you can use a plain EVOO and add a little more garlic powder.

Serves 2-3

Tips

Cauliflower steaks are easy, but you can simply cut the cauliflower into florets and roast instead –in which case, I would reduce the roasting time to about 20 minutes in the oven.

Categories: Entrées, Vegetarian, Vegan, Dairy-free, Gluten-free, Garlic oil, Smoked Paprika,