



Cabbage Steaks with Spicy Tomato Aioli

By Chef Veera Gaul, Ph.D.



Ingredients

1 large cabbage, cut into ½ inch thick slices
3 tablespoons [Garlic EVOO](#) for brushing *
¼ teaspoon red pepper flakes
¼ teaspoon Sweet or [Smoked Paprika](#) *
Salt & Pepper to taste

Spicy Tomato Aioli

1 tablespoon [Garlic EVOO](#) *
1/4 medium white or yellow onion, chopped
4 cloves garlic, minced
1 teaspoon crushed red pepper flakes (less if you prefer milder)
½ teaspoon Sweet or [Smoked Paprika](#) *
1 can (14.5 oz) unsalted diced tomatoes (I prefer fire roasted)
2 teaspoons Red wine vinegar
1 cup mayonnaise or Vegenaise
½ - ¾ teaspoon kosher salt to taste

Topping

2 -3 slices of bacon, cooked and chopped for serving (optional)
2 tablespoons chives, chopped
¼ cup crumbled blue cheese

Preparation

Cabbage

Heat grill to medium high. Brush the cabbage steaks with the oil and sprinkle both sides with the salt, pepper, red pepper flakes and paprika. Place on the grill and cook until tender, about 5-7 minutes on each side

Spicy Tomato Aioli

Heat olive oil in a medium pan. Add the chopped onion and cook over medium low heat till tender (about 3 minutes). Stir in the garlic, red pepper flakes and paprika and cook another minute.

Add diced tomatoes and vinegar. Cook, stirring occasionally for about 10-12 minutes. Remove from heat and cool completely.

Process the cooled tomato mixture, mayonnaise and salt in a food processor till smooth. Use for this recipe and save the rest to serve on a burger, to dip veggies or fries, or drizzle over grilled or roasted vegetables.

To Serve

Top the cabbage steaks with bacon and blue cheese, and drizzle with the homemade aioli.

Active Time: 45 minutes Total time: 55 minutes includes time to cool the sauce

Serves 4

Notes

*The [Garlic EVOO](#) adds an additional layer of garlicky flavor. If you use a plain EVOO instead, add some minced garlic to the cabbage steaks and up the quantity of garlic a little for the Aioli. I love the slightly spicy, slightly sweet and intensely smoky flavor of this Spanish [Smoked Paprika](#). Feel free to use a substitute, but remember to use a nice high-quality smoky variety to get that “off the grill” and meaty flavor to your steaks and aioli.

Chef Tip:

If you prefer to roast your cabbage steaks instead of grilling them, place them on a rimmed baking sheet lined with parchment paper. Roast in a preheated oven at 425F for 30-35 minutes. Halfway through the cooking time, rotate the pan as the back of the oven is often warmer, and this will allow even caramelization.

Categories: Snacks & Sides, Vegetarian, Vegan, Gluten-Free, Dairy-Free, Cabbage, Garlic EVOO, Smoked Paprika, Spicy Tomato Aioli, Cabbage Steaks, Grilled, Roasted Cabbage, Plant Based, Mediterranean Diet, Lifestyle