



Toasted Cauliflower Steak with Sweet Potato Mash, Crispy Chickpeas, and a Tahini Sauce

2 servings

Cauliflower Steak:

1 head Cauliflower
1 tsp Curry Powder
.5 tsp cumin
Pinch of cayenne pepper
2 Tb olive oil
1.5 tsp sea salt
.5tsp black pepper

Method: Trim the bottom of the cauliflower using a paring knife. Remove some of the leaves and the root end leaving it just flush with the bottom of the cauliflower. To prepare steaks trim the ends of the cauliflower so its square on both sides. Then cut 2 or 3 nice steaks about 1-1.5 inches thick. In a sautéed pan heat your olive oil until lightly smoking. Then season the cauliflower with the spices and place in pan. Sear both sides until brown and crispy and place in a 425F oven. Cook for 8-10 min until tender. You know it done when you can poke a knife in it and there is little resistance.

Sweet Potato Mash:

1# Sweet Potatoes
3-4 cups water
½ cup soy milk (you can substitute for your preference)
2 tsp cinnamon
2 Tbl maple syrup
.25 tsp clove, ground
.2 tsp nutmeg, ground
Salt and pepper to taste

Method: Peel and cut your sweet potatoes into 1-inch rough dice. Place in a small pot with the water and bring to a boil. Turn heat down and simmer potatoes until they just break apart. To mash the sweet potatoes, you can use a stand mixer, bowl and whisk, or an electric hand mixer. Place in mixer with ingredients and blend until all ingredients are fully incorporated and the potatoes are smooth and fluffy. Enjoy!

Crispy Chickpeas:

1 cup garbanzo beans
1 Tbl Sesame oil
1.5tsp soy sauce
.5tsp ginger, ground
.5 tsp garlic, ground

Method: Preheat your oven to 375F. In a small bowl toss together all your ingredients. Place chickpeas on sheet tray and bake in oven for 25-30 min until golden brown and crispy. Serve over cauliflower dish.

Tahini Sauce:

4 oz Tahini sauce
.25 cup hot water
2 cloves garlic
2 tsp minced ginger, fresh
2 tsp lemon juice
Salt and pepper to taste

Method: In a blender or food processor, puree all ingredients together until smooth and creamy. Should be able to drizzle sauce over cauliflower. You can add a little more water if to thick. You can use this sauce with various vegetables.