Cauliflower Steaks
with Herb Vinaigrette and Toasted Walnuts

½ cup basil leaves
¼ cup chives
¼ cup parsley leaves
½ cup olive oil
2 tablespoons lemon juice

¼ cup walnuts
1 head cauliflower
1 tablespoon extra virgin olive oil
1 pinch kosher salt
1 pinch black pepper

1. Place the herbs, the oil and the lemon in a blender and puree. Save for plating.

2. Preheat a grill pan or grill to medium high heat. Place the walnuts in a sheet of aluminum foil and seal. While the grill is heating add the walnuts to the grill, shaking occasionally. Cook the walnuts for 4 to 5 minutes once the grill has reached its heat point. Remove and hold for plating.

3. Prepare the cauliflower steaks by cutting four big slabs from the head of cauliflower. Brush each slab with olive oil and season lightly with salt and pepper. When the grill is hot place the cauliflower steaks on the grill and allow to cook, untouched, for 5 minutes. Check the steaks, flip and cook an additional 2 minutes on the second side.

4. Place each steak on a plate and spoon the vinaigrette over the steak. Garnish with the toasted walnuts and season with salt and pepper.

If you are a meat eater this is your invitation to try something new and different that will be as satisfying as that steak. Cauliflower, when grilled, has an amazing meat like character, and when served as a steak, meaning it has to cut and forked to eat it, it feels like you are eating a steak. Of all the recipes in this book I feel this one has the potential to make a non-vegetable loving person a true advocate for their daily servings.