

Grilled Cauliflower 'steaks' with sweet and sour beet vinaigrette - VG P NF. Serves 4-6 people

<u>Food Item:</u>	<u>Amount:</u>	<u>Notes:</u>
Cauliflower	1-2 heads	Cut into 1-inch slices for 'Steaks'
Madras curry powder	1-2 Tablespoon	
Extra Virgin Olive Oil	about 3-4 oz.	May substitute Avocado or coconut oil
Lemon juice and zest	1 each	
Salt to taste	I estimate about 1- 1 ½ teaspoons of real salt or Himalayan or sea salt.	
Pepper to taste	Use real fresh ground. I estimate about ½-1 teaspoon	

Beet vinaigrette:

Red beet juice	2 cups	
Maple syrup	2 Tablespoons	or coconut sugar
Dijon mustard	1 teaspoon	
Apple cider vinegar	½ cup	
Extra Virgin olive oil	½ cup	
Avocado oil	½ cup	May substitute Light flavor olive oil
Real salt	½ teaspoon	
Fresh ground pepper	¼ teaspoon	

Procedure:

First make the vinaigrette. Reduce the beet juice in a small sauce pot by 2/3 so there's about 2/3 cup remaining. Place the juice into a Vitamix blender and allow to cool for 10-15 minutes. Then add the salt, pepper, cider vinegar, Dijon, maple sugar. Turn on the blender starting out low. Move dial to number 8. Add the oils in a stream while running the blender. The stream should take about 10-15 seconds to add. At this rate you should achieve an emulsification. Set vinaigrette aside. Lasts for 2 weeks in the fridge.

Fire up the grill either gas or charcoal. Cut the cauliflower into steaks about 1-inch thick from top of head down to stem. Typically, you can only use the middle part of the cauliflower to achieve a nice big slice. The remaining bits can be used for something else like Faux rice.

Lay the cauliflower onto a tray and drizzle with the olive oil. Sprinkle the salt, pepper and madras curry onto both sides of the steaks. Grill on high for about 4-5 minutes per side. Place onto a tray when finished grilling. Sprinkle the lemon juice and zest onto the steaks. Serve with the beet vinaigrette drizzled on top. Don't forget the steak knives. ☺

Café Avalaun is a 100% gluten free, soy free, peanut free restaurant located on Cleveland's Eastside. Specializing in crepes, soup, salad and bakery treats. Many items are Dairy Free, Nut Free and more.

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GF=Gluten Free, V=Vegetarian, NF=Nut Free, CF=Corn Free, SF=Soy Free, EF=Egg Free, P=Paleo, PR=Primal VG=Vegan, DF=Dairy Free
VG or P is also DF. Anything labeled VG is EF. All P and PR recipes are GF SF CF. PR recipes may contain Dairy such as grass-fed butter.