

Miele

Cauliflower steaks with date sauce, charred onions and capers

By Miele

40 minutes

Preparation time

25 minutes

Cooking time

4 serves

Serves



INGREDIENTS

2 cauliflowers, whole, trimmed of leaves
2 red onions
2 tbsp capers, rinsed
Salt flakes, to taste
1 tbsp olive oil

Date sauce

150g dates
10g miso (white shiro)
35ml rice vinegar
1 garlic clove, small, peeled
130ml extra virgin olive oil
¼ tsp salt

To serve

¼ cup flat leaf parsley
Olive oil
Salt flakes, to taste

METHOD

Cauliflower steaks

1. Place cauliflowers in a perforated steam container and Steam at 100°C for 15 minutes. Allow to cool.
2. Slice into thick steaks, keeping the core attached, you should get 2 steaks from each cauliflower.
3. Heat olive oil in a frying pan, season the cauliflower and sauté on induction setting 8 until browned. Then turn over and caramelise the other side. Sprinkle with sea salt flakes.

Charred red onions

1. Slice the red onions into rings 1cm thick and sprinkle both sides with salt. Allow to sit for 30 minutes.
2. Preheat a griddle plate on high heat, induction setting 8. Add the red onions and cook without moving for 5 minutes, or until blackened. Turnover and repeat on the other side.
3. Transfer onto a plate and cover tightly with cling wrap. Allow to sit for a further 10 minutes to steam. Break apart into rings.

Date sauce

1. Place dates into a heat proof bowl and pour over 150ml boiling water, sit for 5 minutes.
2. Put the dates and water into a blender with the miso, rice vinegar and garlic. Blend until smooth.
3. With the blender running slowly, pour in the olive oil.

To serve

1. Place a large spoonful of date sauce in the middle of each plate and lay the cauliflower on top.
2. Arrange the onions around the cauliflower and scatter the capers over the top.

Hints and tips

- The cauliflower can be steamed ahead of time and kept in the refrigerator until required.
- The leftover cauliflower can be used for another dish, like a soup, roasted vegetables or a puree.
- The cauliflower steaks can also be cooked on Fan Grill at 200°C for 8 minutes on shelf position 5. Brush the steaks with olive oil prior to grilling.