



Roasted Cauliflower Steaks with Creamy Cauliflower Purée & Herbed Gravy

by **Carla Hall**



Carla turns one humble cauliflower into a full restaurant-level vegetarian main. Roasted steaks get deeply caramelized, the leftover florets become a silky purée, and everything is finished with an herby gravy and Carla's signature giant "Big Boy Breadcrumbs."

Prep Time:
20 Mins

Cook Time
35 Mins

Serves:
2–3 Servings

Level:
Intermediate

Ingredients

Cauliflower Steaks & Purée

- 1 large head cauliflower
- 3 tbsp olive oil
- 2 tbsp toom garlic dip
- 2 tsp Dijon mustard
- 1 tsp smoked paprika
- ½ tsp kosher salt
- ½ tsp cracked black pepper
- 2 tbsp unsalted butter
- ½ cup heavy cream (or half & half)
- ¼ cup grated Parmesan

Herbed Gravy

- 1 tbsp butter
- 1 tbsp flour
- 1 cup vegetable or "no chicken" broth
- 1 tbsp soy sauce
- 1 tsp Dijon mustard
- 1–2 tbsp chopped fresh herbs (parsley, thyme, chives)

Big Boy Breadcrumbs

- 2 cups torn rustic bread
- 3 tbsp olive oil
- 1 tbsp butter
- Kosher salt & pepper
- 2 tbsp chopped parsley

Instructions

Step 1

Prep the Steaks

Preheat oven to 425°F. Slice 2–3 one-inch steaks from the center of the cauliflower; break the remaining florets apart.

Step 2

Season

Mix olive oil, toom, and Dijon. Brush onto both sides of each steak. Combine smoked paprika, salt, and pepper; sprinkle over steaks.

Step 3

Roast

Place steaks on a sheet pan. Roast 20–25 minutes, flipping halfway, until golden and caramelized.

Step 4

Make the Purée

Simmer florets in salted water until very tender (about 10 minutes). Drain. Blend with butter, cream, Parmesan, salt, and pepper until silky.

Step 5

Herbed Gravy

Melt butter, whisk in flour, cook 1–2 minutes. Add broth, soy sauce, and Dijon; simmer until thickened. Stir in chopped herbs.

Step 6

Big Boy Breadcrumbs

Heat olive oil and butter in a skillet. Add torn bread pieces and toast until deeply golden; season and toss with parsley.

Serving & Finishing

- Spread purée on each plate.
- Top with roasted cauliflower steak.
- Spoon gravy over the top and finish with crunchy breadcrumbs.