

CAULIFLOWER STEAKS WITH CAPER BUTTER SAUCE



Moderate



20 minutes



Main



04 Servings

INGREDIENTS

1 medium cauliflower,
leaves and stalk trimmed
olive oil
butter
capers 4 tbsp, rinsed
red wine vinegar
4 tbsp parsley, chopped
4 tbsp Greek yoghurt or crème
fraîche



COOKING STEPS

Cut 4 thick slices from the middle of the cauliflower and keep the rest to eat later. Brush both sides with oil, season well and lay them on a baking sheet.

Grill under a high heat until the cauliflower starts to brown. Flip over and do the same on the other side then turn the heat down and grill until tender.

Meanwhile, heat a large knob of butter in a small pan and add the capers, fry until they start to crisp.

Add the vinegar and parsley, take the pan off the heat and season. Serve the cauliflower with the caper sauce poured over, and a spoonful of yoghurt or crème fraîche.