CAULIFLOWER STEAKS WITH CHAMPAGNE VINAIGRETTE

By DairyFreeGina

Dairy Free   **Vegan**   **Gluten Free**

This is an elegant and easy dish to make, perfect for a weeknight meal or for company.

INGREDIENTS:

2 large heads Cauliflower stem and greens removed

2 cans Coconut Milk, Lite version

3 teaspoons Champagne Vinegar

1 teaspoon Dijon Mustard

6 tablespoons Extra-Virgin Olive Oil

5 Carrots, diced

3 Cloves Garlic, diced

1 tbsp. Aleppo pepper

Black Pepper, to taste

Salt (optional), to taste optional

DIRECTIONS:

1. Place cauliflower stem side down onto a cutting board; slice it in two to three inch cross sections. Reserve any small florets. In a large pot of boiling water blanch the cauliflower for about 3 minutes. Transfer it to a bowl of ice water or very cold water. Dump the cauliflower into the cold water then remove and dry it off. This will stop the cooking process.

2. Pour the coconut milk into a bowl; add the cauliflower to the bowl, and the other can of coconut milk over the top. Marinate for at least 3 hours.

3. In a small bowl, whisk together the vinegar, the mustard and then add the olive oil until it is emulsified. Add some black pepper to it.

4. In a skillet add the carrots and any remaining small pieces of cauliflower .Sauté with olive oil for about 2 minutes. Add the garlic, the Aleppo pepper, salt and pepper. Sauté for about 4 more minutes or until the vegetables are fork tender but not really soft. Remove from heat and keep it warm.

5. On a cookie sheet lined with parchment paper, remove the cauliflower steaks from the coconut oil and lay on the tray. Top with some freshly grated pepper. Put into a 425 degree oven for approximately 3 to 4 minutes on each side. When the cauliflower begins to just turn brown then it's done. Remove the cauliflower and center it onto a plate. Top with the carrot vegetable mixture. Drizzle with the vinaigrette and garnish with cilantro and enjoy.

Serves 4