

# CAULIFLOWER STEAKS WITH MUSHROOM GRAVY

## By DAIRY FREE GINA

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



This is a nice way to have your steak and eat it too without really eating steak! Cauliflower steak is not only healthy , dairy free, and vegan but also filling and affordable to make. This Cauliflower Steak and a Mushroom Gravy recipe is elegant enough to serve at dinner parties.  
Serves 4

### Ingredients

For the Gravy:

1 ounce dried Porcini Mushrooms ( or any variety of dried mushrooms )  
1/4 cups extra virgin olive oil  
1 small onion , diced  
1 small container cremini mushrooms  
1 small container shiitake mushrooms  
2 cloves garlic ,diced  
3 cups vegetable broth  
4 tablespoons arrowroot starch or other thickening agent  
1 tablespoon coconut aminos  
¼ Cup red wine (use wine you actually drink to ensure quality)

For the Cauliflower Steaks:

1 large head cauliflower  
salt and pepper to taste  
21 Seasoning Salute from Trader Joe's, to taste  
1 teaspoon dried oregano

Directions:

1. In a large measuring cup combine 2 cups hot water with the dried mushrooms and a let them sit to reconstitute for approximately 10 minutes
2. In a medium sized skillet, warm the olive oil and then add the onion and garlic . Sauté for about three minutes . Add the mushrooms and all of the seasonings and sauté for about 10 minutes, then add the dried mushrooms which have now been reconstituted . Do not add the liquid . Save that for later. Simmer for another three minutes then add the reserved mushroom liquid , vegetable broth, and wine and bring to a low boil . Add the arrowroot starch stirring frequently until the sauce thickens to your desired taste . Remove from the stove and add the coconut aminos to the mixture.
3. In the meantime, preheat the oven to 400° on a baking sheet lined with parchment paper. Separate the cauliflower into large slices . In a small bowl add the spices with 1/4 cup olive oil to make a dressing. Pour that over the cauliflower. Bake for 15 minutes , flip the cauliflower slices and bake for about another 10 minutes or until golden brown. Warm the Mushroom Gravy . When the cauliflower has been cooked to perfection and plated, pour the Mushroom Gravy onto the Cauliflower Steaks . Top with fresh parsley if desired.

