

# Roasted Cauliflower Steaks Parmesan

From the Kitchen of Stephanie Riley, Philanthropy Officer

Before I started working on the beginning of the life cycle of food at AFT, I worked in food output as a personal chef for 14 years in Washington, DC and Phoenix, AZ. In Phoenix, I spent a year doing two food segments a month on the NBC local daytime news show, Arizona Midday. I got to demonstrate how to make one of my favorite meals I make at home.

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## Ingredients

### Steaks

- 1 large head cauliflower or 2 small heads
- 4 tbsp. olive oil
- 2 tsp. fresh rosemary, finely chopped
- 2 tsp. fresh thyme, finely chopped
- 2 tsp. fresh parsley, finely chopped
- 1 tsp. kosher salt
- ½ tsp. black pepper
- 1 ¼ cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese

### Marinara

- ¼ cup olive oil
- ½ cup shallots, diced small
- 1 medium carrot, diced small
- 3 garlic cloves, minced
- Kosher salt
- Crushed red pepper, to taste
- ½ cup red wine
- 1 20oz can crushed tomatoes
- ¼ cup basil leaves, torn

## Directions

1. Preheat the oven to 425°. Line a baking sheet with parchment paper.
2. To make marinara: In a medium saucepan, heat the olive oil over medium heat. Sauté the shallots and carrots until tender, about 5 minutes.
3. Add the garlic, salt, and pepper, and cook for another 30 seconds.
4. Pour in the red wine and reduce for 2 minutes, then add the tomatoes and basil.
5. Simmer over medium-low heat, partially covered with a lid, for 30-45 minutes.
6. Remove from heat and puree with an immersion blender or in a food processor. Season to taste.
7. While the marinara sauce is simmering, prepare your cauliflower by removing the leaves and trimming the stem end of the cauliflower, leaving core intact. Place the cauliflower core-side down on a work surface. Using a large knife, slice cauliflower from the top to the bottom into four ½ inch to 1-inch steaks.
8. Place the cauliflower steaks on the baking sheet, piecing together any cauliflower steaks that might have fallen apart; they will meld together once the marinara and cheese are added.
9. In a small bowl, stir together the olive oil, rosemary, thyme, parsley, salt, and pepper. Coat both sides of each cauliflower steak with herb oil.
10. Roast in the oven for 25 minutes, then flip each steak over, top with a generous dollop of marinara, mozzarella, and Parmesan cheeses and roast for another 20 minutes, or until cauliflower is tender and cheeses are golden.
11. Serve on top of the remaining marinara sauce and your favorite pasta, grain, or spaghetti squash.

