

Cauliflower Steaks with Butterbean Purée

Recipe from Jennifer Watson



Here is a fantastic chance to try the method of searing and basting in a pan. You've likely seen this done to steak, chicken, or other meats, but it works just as well on these cauliflower steaks. They brown perfectly and are fork tender in the end, not to mention the richness that the basting gives to the cauliflower.

Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
Parsley	1 Large Bunch	2½ Large Bunch
Cilantro	½ Bunch	1 Large Bunch
Garlic	1 Clove	2½ Clove
Red Chilli	1 Chili	2½ Chilis
Red Wine Vinegar	2 Tbsp	5 Tbsp
Extra Virgin Olive Oil	3 ½ oz	8 oz
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Jarred Butter Beans	3 c	7½ c
Lemon	2 Lemon	5 Lemons
Garlic	1 Clove	2½ Cloves
Nutritional Yeast	2 Tbsp	5 Tbsp
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Cauliflower "Steaks"	2 Heads	5 Heads
Smoked Paprika	2 Tbsp	5 Tbsp
Garlic Cloves	6 Cloves	6 Cloves
Butter	2 oz	5 oz
Coarse Kosher Salt	To taste	To taste
Pepper	To taste	To taste
Olive oil	2 Tbsp	5 Tbsp

Procedure:

1. First, make the chimichurri: finely chop the fresh herbs into a mixing bowl. Mince the chili and garlic and add the herbs and the vinegar. Season to taste, then slowly add in the olive oil while mixing until thoroughly combined. Set aside.
2. For the butter beans, save the liquor from the cans. Purée the beans in a blender with the lemon juice, salt, pepper, garlic, and nutritional yeast. Use the liquor to get the purée moving in the blender and to reach your preferred consistency.
3. For the cauliflower, carve into steaks—you should be able to get two 1" slabs from the middle of a large head. Save the extra florets for another recipe (tacos, maybe?) or roast in the same method to serve alongside the steaks. Season the steaks with salt, pepper, and paprika on both sides, then drizzle with oil + massage well.
4. Heat a large frying pan to medium high heat. Add 2 tbsp olive oil. Once hot, add the steak and press down to sear. After several minutes, flip and fry the other side until golden brown.
5. Smash the garlic cloves, add to the pan with the butter and baste continuously. Once the steaks are completely cooked, remove from the pan.
6. To serve, spread the bean purée into the middle of a plate. Place the steak on top, drizzle with chimichurri and any garnish of choice.



Pro Tip:

For a zero-waste garnish, finely chop up the extra cauliflower leaves and stems. After the cauliflower steaks are done and removed from the pan, add the chopped leaves/stems to the pan; add a splash more oil, cook until golden brown and crispy. Remove from heat.

Beer & Food Pairing Table

Developed by Bernardo Llamazares

Beer Style	Flavor Profile	Food Pairings	Notes
 Lagers/Pilsners	Light, crisp, refreshing, often with floral hop notes	Grilled chicken and vegetables, delicate seafood, sausages, backyard food, salads, paella, light sauces and salsas.	Good for lighter meals and as a palate cleanser. Avoid pairing with overly sour oily/greasy foods that might overpower the beer's subtle flavors.
 Wheat Beers	Light, often with citrusy or fruity notes (Belgian) or banana/clove flavors (German).	Salads, sushi, grilled chicken, steamed shellfish, fruit-based desserts, spicy shrimp. Avoid overly acidic/pickled foods.	Versatile and refreshing, can complement citrusy dishes or cleanse the palate from spicier foods.
 Pale Ales/IPAs	Hoppy, bitter, often with citrusy or floral aromas	Spicy wings, burgers, grilled meats (steak, chicken, brisket), fried fish, cheese (cheddar), seafood (lobster, scallops), heavy sauces (adobo), and salsas.	Hop bitterness can cut through richness and spice, while citrus notes complement various dishes. Hazy IPAs work well with smoked meats.
 Amber/Brown Ales	Malty, caramel notes, sometimes nutty	BBQ ribs, pork (pulled pork, BBQ pork), brisket, steak, grilled chicken, aged gouda, pecan pie.	The caramel notes complement smoky and grilled flavors. Can also provide balance to richer meats like brisket.
 Stouts/Porters	Dark, rich, roasted flavors (chocolate, coffee), sometimes sweet	Chocolate desserts, BBQ ribs, brisket, grilled steak, seafood chowders, smoked fish, stews and broths. Avoid overly spicy food.	Enhance the deep, rich flavors of hearty dishes and chocolate desserts.
 Belgian Ales	Fruity esters, sometimes spicy or yeasty notes	Cheeses (Brie, goat cheese, washed rinds), mussels, lobster. Belgian Tripels pair well with rich seafood and desserts. Avoid overly spicy or salty food but be bold and experiment.	The sweetness and depth of flavor can enhance richer dishes.
 Sour Beers	Tart, acidic, sometimes fruity or salty	Shellfish (oysters, mussels, clams), sushi, cheesecake, and fruity desserts. Avoid dairy.	The acidity cuts through richness and complements salty or fruity flavors.