

Roasted Cauliflower Steaks

with Browned Butter-Grape Sauce & Farro

Roasting is one of our favorite preparations for cauliflower—and not just because it gives the cauliflower the perfect, crunchy texture while bringing out its natural sweetness. Roasting cauliflower also primes it to absorb the flavors of whatever delicious sauce we're serving on top. In this recipe, we're making a delicious browned butter-grape sauce. The rich, nutty brown butter perfectly balances the sweet and tangy grapes. A salad of farro, arugula and bright lemon zest completes this hearty, complex meal.



Ingredients

$\frac{3}{4}$ Cup Semi-Pearled Farro

4 Ounces Grapes

2 Ounces Arugula

1 Head Cauliflower

1 Lemon

1 Bunch Rosemary

Knick Knacks

4 Tablespoons Butter

3 Tablespoons Hazelnuts

1 Shallot

$\frac{1}{8}$ Teaspoon Fennel Pollen

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Trim off and discard the stem end and leaves of the cauliflower. Slice the cauliflower into 1-inch-thick pieces (keeping them as intact as possible); place on a sheet pan. Finely chop the arugula. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Halve the grapes. Peel, halve and thinly slice the shallot. Roughly chop the hazelnuts. Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves.

2



Roast the cauliflower:

Drizzle the **cauliflower** with olive oil and season with salt and pepper; gently flip to thoroughly coat. Roast 24 to 26 minutes, or until browned and tender when pierced with a knife. Set aside in a warm place.

3



Cook & dress the farro:

While the cauliflower roasts, add the **farro** to the pot of boiling water. Cook 16 to 18 minutes, or until tender. Drain thoroughly and transfer to a large bowl. Add the **arugula** and **lemon zest**; drizzle with olive oil and toss to combine. Season with salt and pepper to taste. Rinse and wipe out the pot.

4



Start the sauce:

While the cauliflower continues to roast, in the pot used to cook the farro, melt the **butter** on medium-high. Cook, stirring occasionally, 15 to 30 seconds, or until the butter foams. Once the foam subsides, continue cooking, stirring occasionally and swirling the pan, 2 to 3 minutes, or until deep golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)

5



Finish the sauce:

Add the **grapes**, **shallot**, **hazelnuts** and **half the rosemary** to the pot of butter; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until well combined and fragrant. Turn off the heat. Stir in **the juice of all 4 lemon wedges**. Season with salt and pepper to taste.

6



Finish & plate your dish:

Divide the **dressed farro** between 2 plates. Top with the **roasted cauliflower**. Spoon some of the **sauce** over top. Garnish with the **fennel pollen** and **remaining rosemary**. Enjoy!