

Cauliflower Steaks & Farro Salad

with Grape & Brown Butter Sauce

This dish explores the delectable possibilities of one of autumn's most iconic vegetables: cauliflower. We're roasting thick slices until they develop a crisp, golden crust and tender and sweet interior. Our "steaks" get an elevated topping of juicy grapes, toasty hazelnuts and fresh rosemary quickly cooked in a brown butter sauce, which also lends its incredible flavor to a hearty farro and arugula salad.

Blue Apron Wine Pairings

Wooldridge Creek Cabernet Franc, 2014
Cubic Cabernet Sauvignon, 2014



Ingredients

¾ Cup Semi-Pearled Farro
4 Ounces Red Grapes
2 Ounces Arugula
1 Head Cauliflower
1 Lemon
1 Bunch Rosemary

Knick Knacks

4 Tablespoons Butter
1½ Tablespoons Hazelnuts
1 Shallot
½ Teaspoon Fennel Pollen

Makes: 2 servings | **Calories:** about 705 per serving
Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



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. Cut the head into 1-inch-thick pieces (keeping them as intact as possible) and 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. Remove and discard any stems from the grapes; halve the grapes. Peel 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 turn to thoroughly coat. Roast 24 to 26 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

3



Make the farro salad:

While the cauliflower roasts, add the **farro** to the pot of boiling water and 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 stir 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 same pot, melt the **butter** on medium-high until hot. Cook, stirring occasionally, 15 to 30 seconds, or until the butter foams. Once the foam subsides, continue cooking, stirring occasionally and swirling the pot, 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; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until thoroughly combined and fragrant. Turn off the heat and stir in **the juice of all 4 lemon wedges**. Season with salt and pepper to taste.

6



Finish & plate your dish:

Divide the **farro salad** and **roasted cauliflower** between 2 plates. Top with a few spoonfuls of the **sauce**. Garnish with the **fennel pollen** and **remaining rosemary**. Enjoy!