

Roasted Cauliflower Steaks

with Purple Barley Salad & Brown Butter Grape Sauce

TIME: 30-40 minutes

SERVINGS: 2

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Ingredients



1 cup
PURPLE PRAIRIE
BARLEY



4 oz
RED GRAPES



2 oz
ARUGULA



1 head
CAULIFLOWER



1
LEMON



1 bunch
ROSEMARY

KNICK KNACKS:



4 Tbsps
BUTTER



3 Tbsps
ROASTED
ALMONDS



1
SHALLOT

1/8 tsp
FENNEL POLLEN



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1 Cook the barley:

- Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2 Prepare & roast the cauliflower:

- While the barley cooks, wash and dry the **cauliflower**. Cut 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). Transfer to a sheet pan; drizzle with olive oil and season with salt and pepper. Gently turn to coat. Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.



3 Prepare the remaining ingredients:

- While the cauliflower roasts, wash and dry the remaining fresh produce. Pick the grapes off the stems; discard the stems. Peel and thinly slice the shallot. Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the almonds. 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. Roughly chop the arugula.

4 Brown the butter:

- While the cauliflower continues to roast, in a small pot, heat the **butter** on medium-high until melted. Cook, 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 Make the sauce:

- Add the **grapes**, **shallot**, and **rosemary** to the pot; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the grapes are slightly softened. Turn off the heat and stir in the **almonds** and the **juice of all 4 lemon wedges**. Season with salt and pepper to taste.

6 Make the barley salad & plate your dish:

- While the sauce cooks, to the pot of **cooked barley**, add the **arugula** and **lemon zest**; drizzle with olive oil and stir to combine. Season with salt and pepper to taste. Divide the finished salad and **roasted cauliflower steaks** between 2 dishes. Top with the **sauce**. Garnish with the **fennel pollen**. Enjoy!

