

Roasted Cauliflower Steaks

with Einkorn & Crispy Sage

In this dish, you'll use an ancient variety of wheat called einkorn, which has been cultivated for over 9,000 years. Sometime during the Bronze Age, einkorn fell out of fashion, but it survived in the wild. Today it's regarded as a "relict" crop, a species that was once grown extensively, but now is cultivated in small amounts. Let's bring it back! Its delicious, delicate, nutty flavor is the perfect accompaniment for tart apple, crispy sage and hearty cauliflower steaks.



Ingredients

- 2 Pounds Cauliflower
- 1 Granny Smith Apple
- 1 Bunch Parsley
- 1 Bunch Sage
- 1 Lemon
- $\frac{3}{4}$ Cup Einkorn

Knick Knacks

- 2 Tablespoons Butter

Makes 2 Servings

About 500 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Cook the einkorn:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **einkorn**. Cook, stirring occasionally, 19 to 21 minutes, or until tender. Drain thoroughly and set aside in a warm place.

2



Prepare the ingredients:

While the einkorn cooks, preheat the oven to 475°F. Wash and dry the fresh produce. Trim off and discard the stem and leaves of the cauliflower. Cut the head into 1-inch-thick slices (keeping them as intact as possible). Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Core and small dice the apple; toss with **the juice of 2 lemon wedges** to prevent browning. Pick the parsley and sage leaves off the stems; discard the stems.

3



Roast the cauliflower steaks:

While the einkorn continues to cook, place the **cauliflower steaks** on a sheet pan. Drizzle with olive oil and season with salt and pepper on each side. Arrange in a single, even layer and roast 24 to 26 minutes, or until browned and tender when pierced with a knife. Set aside in a warm place.

4



Crisp the sage:

While the cauliflower steaks roast, in a medium pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sage** in a single, even layer; cook 30 seconds to 1 minute per side, or until dark green and crispy. Transfer to a paper towel-lined plate and season with salt and pepper, leaving any remaining oil in the pan.

5



Finish the einkorn:

In the same pan used to crisp the sage, melt the **butter** on medium heat. Add the **apple**; cook, stirring frequently, 1 to 2 minutes, or until the butter is lightly browned and the apple is slightly tender. Add the **cooked einkorn** and **lemon zest**; season with salt and pepper to taste. Cook, stirring frequently, 1 to 2 minutes, or until warmed through. Remove from heat.

6



Plate your dish:

Divide the **finished einkorn** between 2 dishes. Top with the **roasted cauliflower steaks**. Garnish with the **crispy sage**, **parsley** and **remaining lemon wedges**. Enjoy!