



Roasted Cauliflower Steaks with Arugula Pesto

1 small head cauliflower

2 T olive oil

salt

pepper

For pesto:

2 cups packed fresh arugula

1 clove garlic

Salt and freshly ground pepper

1/2 cup extra virgin olive oil

1 tablespoon pecans (or nut of your choice such as pinenut or walnut)

1/4 cup freshly grated Parmesan

Preheat the oven to 400 degrees F.

Trim the base of the core from the cauliflower, and then cut the head into 1-inch-thick slices. Cut any florets that fall off into 1-inch pieces. Sprinkle 1/4 teaspoon each salt and pepper over both sides of each cauliflower slice. Heat the olive oil in a large nonstick ovenproof skillet over medium-high heat. Add the cauliflower steaks and florets and cook, turning the steaks once, until browned on both sides, about 5 minutes. Transfer the skillet to the oven.

Roast until a knife easily pierces through the steaks, 15 to 20 minutes. Spoon the pesto over the steaks and serve.

Classical Cauliflower and Cheese sauce

1/2 cup water

1/2 lemon

5 cloves garlic

1 head cauliflower, cut in to florets

Heat water, lemon, and garlic together in a saucepan. Place cauliflower in a steamer basket and set over water. Steam cauliflower for 5 to 7 minutes or until fork tender.

Transfer cauliflower to a large bowl and top with warm cheese sauce.

Cheese Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- 1 1/4 cups milk, heated
- Salt
- Freshly ground pepper
- 1/2 cup Gouda cheese
- nutmeg

Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown — about 2 minutes. Add the hot milk, continuing to stir as the sauce thickens. Bring it to a boil. Add salt and pepper to taste, lower the heat, and cook, stirring for 2 to 3 minutes more. Stir in 1/2 cup grated Gouda, along with a pinch of nutmeg. Remove from the heat.

Cauliflower and Brie Soup

- 1 1/2 cups sweet onion, chopped
- 4 cloves garlic, peeled and minced
- 1 teaspoon thyme, roughly chopped
- 3 tablespoons flour
- 4 tablespoons unsalted butter
- 1 1/2 quarts vegetable broth
- 8 cups cauliflower, chopped
- 1 1/2 cups whole milk
- 1/2 cup heavy cream
- 3/4 cup brie (rind removed)

In a medium sauté pan, melt 1 tablespoon butter over medium heat and add the onion. Cook, stirring, for 10 minutes or until translucent. Season with salt and pepper, add the garlic and thyme, and continue cooking for another 5 minutes, until fragrant.

In a large pot over medium-low heat, melt the remaining 3 tablespoons of butter, then add the flour. With a whisk, stir the butter and flour together until a loose paste forms, and continue stirring for a minute until the paste is pale golden brown, and smells a bit nutty.

Whisk in the vegetable broth, about a cup at a time. Add the cooked onion and cauliflower, and cook, covered, for 20 minutes, until the cauliflower is cooked through and tender. Add the milk, cream and brie, stirring until melted, then puree by ladling into a blender or using an immersion blender. Top with thyme sprigs