

Grilled cauliflower steak
basted in black garlic butter
with watercress and a chunky
tomato and olive relish



PUNK CHEF
ON THE ROAD



Ingredients

Chunky cauliflower steak

1 large cauliflower head

2 tbsp olive oil

Pinch of Maldon salt

Pinch of ground black pepper

Black garlic butter

6 black garlic cloves, minced

150g unsalted butter

Bunch of fresh parsley, chopped

Pinch of salt

Pinch of ground black pepper

Chunky tomato and olive relish

50g green olives, chopped roughly
2 tbsp extra virgin olive oil
20g toasted pine nuts
2 tbsp fresh parsley
1 tbsp lemon juice
50g pickled cherry tomatoes
2 tbsp capers, chopped
1 tbsp anchovies, chopped

Garnish

Watercress



Method

- Remove the leaves from the cauliflower head and trim the stem end. Use a large knife to cut the cauliflower into thick steaks.
- Coat the steaks in olive oil, salt and pepper. Put them in a smoking hot griddle pan for a good 5-6 minutes, then turn over and cook for another 5 minutes.
- In a small bowl, mix all of the ingredients together. When the steak is grilled and has turned a nice golden brown, turn off the heat and baste the steak the lovely flavourful butter so that it's coated in it.

- In a bowl, mix the olives, capers, anchovies, lemon, parsley, pickled cherry tomatoes and pine nuts together. Stir in the olive oil and season with salt and pepper.

- Put the grilled steak in the centre of the plate, pour the tomato and olive relish on top then decorate with watercress.