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Grilled Cauliflower Steak Recipe (you'll forget it's not meat!)

By [Dr. Steven Gundry](#) | Aug 16, 2017 | 1 Comments



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The best recipes always come with a story. And this recipe is no exception. In fact, you might say this recipe is a bit of a friends-and-family secret. But, in tribute to the man that

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introduced it to me, I'll share the story – and the tasty recipe – with you know.

A few years back, my wife and I sat down for lunch at Da Silvano's in Manhattan, one of our favorite Italian restaurants. Da Silvano became famous for introducing New Yorkers to Northern Italian food at a time when most Italian restaurants in the city were only serving Americanized “red sauce” dishes.

Northern Italian cuisine presents some of the most pure and simple, but sublime flavor combinations in the world.

And, lucky for us, it's remarkably easy to put together delicious meals with basic Italian ingredients. Some of these simple, savory and herby flavors include –

- Garlic
- Fresh basil
- [Pesto \(one of my all-time faves\) made with arugula or basil](#)
- Olive oil (so so good for you)

Anyway, my friend Silvano Marchetto was the owner of the infamous Italian hot spot. He walked over to our table that day with a glint in his eye. Smiling all the while, he put a plate, two forks, and a bottle of his own Tuscan olive oil on our table.

“Try this,” he said.

The rest, as they say, is history. Da Silvano's cauliflower “steak” is now a permanent fixture in our house. Since the restaurant has since closed, I've adapted his brilliant idea for you here.

You see, cauliflower is one of the healthiest foods on the planet.

It's a powerhouse food because it boasts an incredible mix of phytochemicals and antioxidants. In this one cruciferous veggie, you can find loads of tocopherols, ascorbic acid, and carotenoids.

Not only that, but [cauliflower](#) is also chock-full of nutrients which fight against free-radical damage and lower oxidative stress.

Furthermore, in just a single cup of cauliflower, you get [approximately 70% of your daily vitamin C](#). And as you probably know, vitamin C helps boost immune function, and fight certain symptoms of infections.¹

So, enjoy knowing this delicious Tuscan-inspired meal is great for your health. And, you can feel free to substitute avocado, perilla oil, or macadamia nut oil for the olive oil, if you wish.

Oh, and Mangia!



MARINATED GRILLED CAULIFLOWER “STEAKS” (SERVES 4)

Prep time: 15 minutes

Cook time: 10–15 minutes

What you’ll need –

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- ½ cup extra-virgin olive oil, plus additional for serving
- 2 teaspoons minced onion
- ½ teaspoon garlic powder
- 2 teaspoons Italian seasoning
- ¼ teaspoon cayenne pepper
- Sea salt, preferably iodized
- Cracked black pepper
- Juice of 1 lemon
- 2 heads cauliflower



What to do –

1. Place the 1/2 cup olive oil, the onion, garlic powder, Italian seasoning, and cayenne pepper in a medium bowl. Add salt and black pepper to taste and the lemon juice. Whisk to combine. Transfer to a shallow pan.
2. Using a large chef's knife, cut off the cauliflower stems flush with the head. Place the stem ends down on a cutting board. Slice each cauliflower in half. Then cut into slices ½ to 1 inch thick (steaks).
3. Turn on the exhaust fan if cooking indoors. Heat the grill to medium, or place a grill pan over medium-high heat on the stove top. Using tongs, dip the cauliflower steaks in the marinade.
4. Place on the grill or grill pan and cook 5 to 8 minutes per side, until browned on the outside and tender inside. Transfer to a serving platter. Adjust the seasonings and [serve with as much olive oil as you like](#).

Always looking out for you,

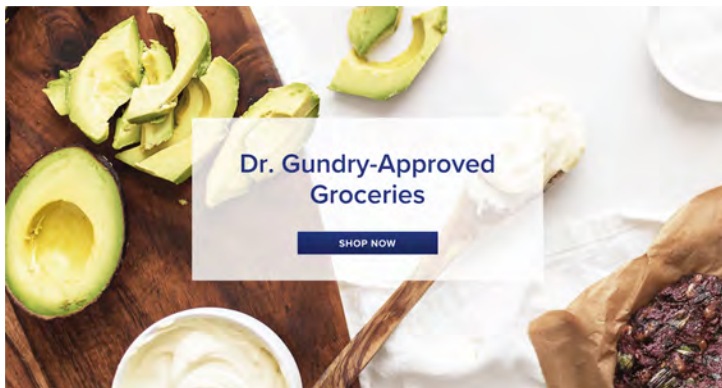


Dr Steven Gundry

P.S. Once you try this recipe, let me know what you think in the comments below.

P.P.S. Hungry for more health-boosting recipes? Check out the [Gundry MD YouTube channel](#) for cooking demos of all my favorites.

Want help stocking your pantry with Gundry-approved foods? Visit the online grocery shop for Dr. G's personally curated products for the lectin-free lifestyle. Click the image to shop now:



Sources

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3783921/>

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