

HOLIDAY COOKING DEMO SERIES

Country Fried Cauliflower Steaks



This recipe for country fried cauliflower steak transforms a humble vegetable into a deliciously savory centerpiece of any dinner plate. Cauliflower flanks are marinated in a savory seasoned liquid, then dipped into batter, coated with breadcrumbs, and cooked to crispy golden-brown perfection. Best of all you can pan fry in oil or oven fry on a baking sheet for equally delicious results.

Ready in **90 minutes** | Serves **4 people**

Ingredients

- 1 large head cauliflower
- 1 cup unsweetened plant milk
- 1 tsp sea salt
- 1 Tbsp apple cider vinegar
- ¼ tsp cayenne pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp paprika
- ¼ tsp ground allspice
- 1 tsp poultry seasoning
- 1 vegan chicken bouillon cube (dissolved in 1 Tbsp hot water)
- 1 Tbsp soy sauce, tamari sauce, or liquid aminos
- ¾ cup flour + a few Tbsp for coating cauliflower
- 2 Tbsp cornstarch
- 1 tsp baking powder



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- 1 cup panko breadcrumbs or vegan breadcrumbs of choice
- Grapeseed oil or cooking oil spray

Preparation

1. **To make the dry batter mixture**, add $\frac{3}{4}$ cup flour, cornstarch, and baking powder to a bowl and set aside.
2. **To make the crispy coating** add bread crumbs, a dash of paprika, a dash of onion powder, and a dash of sea salt to a flat dish and set aside.
3. **To create the cauliflower steaks**, rinse and remove the stem and leaves from cauliflower. Slice in half vertically from the top of the crown to the base. Lay each half, flat side down and cut into 3 even slices. Depending on the thickness of the core, this should yield 3-4 in-tact cauliflower steaks total. Store remaining florets in a container in the fridge for a future recipe.
4. **To make marinade**, add plant milk, apple cider vinegar, the dissolved vegan chicken bouillon cube, and all spices to a bowl. Whisk together until well combined.
5. Add cauliflower steaks to a flat bottomed dish and pour the liquid over them. Cover with a lid and allow to marinade for about 30 minutes. Flip cauliflower steaks over and allow to marinade for another 30 minutes.
6. Gently remove cauliflower steaks from the dish and place on a large plate. Lightly dust on both sides with a few tablespoons of flour.
7. **To make the wet batter**, add the dry batter mixture to the marinade liquid and whisk until smooth.
8. **To bread the cauliflower steaks**, gently dip each cauliflower flank into the wet batter and coat on all sides. Allow excess batter to drip off before coating the flank on all sides with the crispy breadcrumb coating. Lay each flank on a dry plate and repeat the process until all of the cauliflower steaks are coated.
9. **To oven fry the cauliflower steaks**, preheat the oven to 425 degrees F. Line a baking sheet with parchment paper and brush or spray with an even layer of oil. Place each cauliflower steak on the baking sheet, about 2 inches apart. Gently brush or spray all exposed surfaces with an even coating of oil. Bake for 20 minutes then flip with tongs and bake for another 20 minutes until golden brown and crispy on all sides.
10. **To pan fry the cauliflower steaks**, add about 2 inches of oil to a heavy bottomed skillet or pan and heat over medium heat for about 5 minutes, until oil begins to shimmer and slightly crackle. Gently place cauliflower steaks in the pan, leaving at least an inch of space in between them. Reduce heat to medium low and allow to cook for about 3-5 minutes until the base is golden brown. Gently turn over each steak with tongs and allow to cook for another 3-5 minutes until crispy and golden on all sides. Place on a plate lined with paper towels to allow excess oil to drain off.
11. Once the cauliflower steaks have drained and cooled for 3-5 minutes, they're ready to serve! Plate with our cheesy garlic mashed potatoes and creamy mushroom gravy or your favorite vegan sides.





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