

## Cauliflower Steak



0 made it | 0 reviews



Simon Toohey

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Tea infused
- Festivities Name  
Autumn  
Spring  
Summer  
Winter

### Used Teas



Relief Natural Herbal  
Tea

### Ingredients

#### Cauliflower Steak

- 1 Cauliflower

#### Glaze



- 2 Relief tea bags
- 3 tbs of Caster Sugar
- 1 tsp of Ginger
- 1 Chili
- 1 tsp Jaggery
- 1 tsp Tamarind

### **Tomato Chutney**

- 2 Garlic Cloves
- 1 Onion
- 1 tin Tomatoes
- ½ tsp Fenugreek seeds
- 1 tsp Cumin seeds
- 1 tsp Sugar
- 1 tsp Kamshiri Chilli
- 1 tsp Turmeric

### **Garnish**

- 100ml Vegetable oil
- 10-20 Curry leaves

## **Methods and Directions**

### **Cauliflower Steak**

- For the glaze, place everything in a pan and warm until the sugar has melted. Set aside in a bowl with a pastry brush
- For the cauliflower, slice some steaks, with the rest, you can use for many different applications. In a pan with a little oil. Place the cauliflower. Place a weight on top of the cauli (like a saucepan) so the all of the surface area is in the pan. Cook for about 5 minutes on one side then gently turn and start cooking on the other side. Now start painting the cauliflower with the glaze. Place a lid on the pan, and every minute or so paint the cauliflower again with the glaze and place the lid back on. Turn the cauliflower over after 5 minutes and repeat for a few more minutes until all the glaze is gone
- In the meantime make the chutney. Toast off the spices in a pan on medium heat with no oil. Remove when starting to smoke. Add the garlic whole and the onion chopped into quarters with the skin removed. Cook in a dry pan until a nice colour has come all over the onion and garlic. Add your spices back in to the dry pan along with the coriander powder and Kashmiri powder then add the tinned tomatoes and sugar. Cook for 2 minutes until the sugar is dissolved and the chutney is smelling aromatic. Throw everything into a blender and blend to a paste.
- In a pan, heat the oil to about 170 degrees then drop in the curry leaves and fry for a few seconds. Be careful though as the oil will spit when the leaves hit the oil.



- Place the sauce on the bottom of a plate. Gently spoon on the cauliflower steak and top with the curry leaves. If there is any glaze left in the pan, be sure to pour it over the top. Serve.

ALL RIGHTS RESERVED © 2025 Dilmah Recipes | Dilmah Ceylon Tea Company PLC Printed From [teainspired.com/dilmah-recipes](https://teainspired.com/dilmah-recipes) 13/12/2025