byodo
bio vom feinsten



Grilled cauliflower steaks with paprika hummus

Tender, marinated cauliflower steaks, grilled to perfection, meet creamy paprika hummus and the freshness of the fine herb remoulade. This dish will turn your barbecue evening into a special highlight!

Zutaten
4 Portionen

Ingredients Cauliflower steaks
2 Large floral charcoal
3 EL Byodo chili bell pepper sauce
6 EL Byodo Roast Olive Mild
4 Handles Thyme
3 Handles Rosemary
Byodo sea salt
Pepper
1 Glass Byodo herb remoulade
Ingredients Paprika hummus
4 Paprika
1 EL Classic frying oil
400 g Chickpeas, drained
150 g Tomatoes, dried & pickled
80 ml Water
3 EL Tahini
3 EL Extra virgin olive oil, from Greece
2 TL Fine premium organic sea salt
1 Garlic clove
1 EL Tomato-Pepper Mark double fruit
1 Lime (juice)

Zubereitung

Preparation of paprika hummus

Prepare the paprika hummus according to the recipe:
https://www.byodo.de/rezepte/paprika-hummus/

Preparation of cauliflower steaks

Preheat the grill with a plancha/grill plate, ideally to a temperature of approx. 150 °C on a low to medium heat. Wash and clean the flowering cabbage, removing the green leaves without damaging the stalk. Carefully cut lengthwise through the center. Cut an approx. 3 cm thick slice from each half. Usually only 2 steaks can be cut from each cauliflower, as not all the florets hold on to the stalk.

Mix the chili bell pepper sauce and roast olive into a marinade. Finely chop the herbs and stir in. Season with salt and pepper. Brush the cauliflower steaks generously with the marinade on both sides and grill slowly on the grill plate for a total of 35-40 minutes until golden brown. Turn once halfway through. Make sure that the heat is not too high, otherwise the cauliflower will darken too quickly.



Serve the cauliflower steaks with the paprika hummus and herb remoulade.



The remaining cauliflower florets can either be grilled on the plancha or placed on skewers. Brush with additional marinade. When cold, they are perfect for a cauliflower salad the next day.