

# Lapsang Souchong Sauce over Cauliflower Steaks



[www.stirtea.co.nz](http://www.stirtea.co.nz)

This recipe has quickly become a favourite for the Stir Tea Team. Some personal observations from us: cut your cauliflower horizontally, we used ghee to brown the cauliflower, we also finely grated some parmesan on top before it went in the oven, the sauce is a really delicious accompaniment to many vegetables - make extra to use the next day also.

Makes 4 servings

## Cauliflower Steaks

2 heads cauliflower, rinsed and patted dry, sliced into 4 steaks 1 ½ inch thick

4 tablespoons safflower, grapeseed, or other neutral oil



## Tea Umami Sauce

¼ cup brewed Stir Tea's [Lapsang Souchong tea](#), cooled (1 teaspoon loose, finely ground)

¼ cup tahini

1 tablespoon liquid aminos or organic soy sauce

1 tablespoon maple syrup

1/8 teaspoon coarsely ground black pepper

Sumac, for garnish (optional)

2 tablespoons chopped fresh parsley, for garnish (optional)

## Method:

1. To make the cauliflower steaks: Place an 18-inch sheet pan on the middle oven rack. Preheat to 450°F. Position a foil tent on a plate near the stove.
2. Place a 2-quart fry pan over medium-high heat for 1 minute. Swirl in 2 tablespoons oil to coat. When the pan begins smoking, use tongs to carefully place (it may splatter) one steak in the hot oil. Sear 2 minutes. Turn and sear the flip side 2 minutes. Transfer the steak to the plate and cover with the foil tent. Repeat with the other steaks, adding oil as needed.
3. Once all the steaks have cooked, arrange them on the preheated sheet pan, making sure no sides are touching. Bake 10 minutes.
4. To serve: Whisk the tea with the tahini, liquid aminos, maple syrup, and pepper. Pour the umami sauce over the steaks. Sprinkle with sumac and chopped parsley if using.

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