Cauliflower ❑Steak❑ with Cheese Sauce

Cook Time: 30 min   prep Time: 5 min   total Time: 35 min   servings: 2

Ingredients

1 head cauliflower, leaves and stems removed*
2 cups vegetable stock
2 garlic cloves, peeled and crushed
1 bay leaf
Salt and pepper, to taste (the amount of salt will depend on the saltiness of your stock)
1 cup Sweet potato Cheese Sauce
2-3 tablespoons green onion, chopped
*keep the core in place

Instructions

Pre-heat the oven to 350F or 160C. Have a medium-sized roasting pan or Pyrex dish ready to use.
Trim the outer edges of the cauliflower, and then slice the middle part into 2-3 steaks, about 3cm thick each.
Mix the stock with the garlic, bay leaf, salt, and pepper if needed, in the baking dish you will use. Add the steaks and cover the dish tightly with aluminum foil. Place the dish into the preheated oven, and bake for approximately 30minutes. The steaks will be ready when a knife goes in easily, but it❑s still firm. Be careful not to overcook the cauliflower or it will fall apart when searing.
Once the cauliflower is cooked, carefully remove the steaks and place them on a paper towel, blotting the top part also, to ensure it❑s completely dry. Keep the oven on.
Meanwhile, make the cheese sauce using the stock from cooking the cauliflower.
About 15 minutes before you would like to serve the steaks, heat a frying pan, over medium heat, and once hot, carefully place the cauliflower and grill until golden brown about 3 minutes, then flip and repeat.
Then place the steak in a roasting pan or pyrex dish, spoon over a generous amount of cheese sauce, then place in the oven for about 5-6 minutes until the sauce forms a crust and warm. Remove from the oven, sprinkle over the spring onion and save.