

Korean BBQ Cauliflower Steaks - Spicy, Sweet, and Seriously Satisfying

Why You'll Love These Cauliflower Steaks



OVEN
425°F

TIME
30 min

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INGREDIENTS

- 1 large head cauliflower, cut into $\frac{3}{4}$ to 1-inch thick steaks
- 2 tbsp gochujang (Korean fermented chili paste)
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tbsp rice vinegar
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper, to taste
- Sesame seeds and chopped green onions, for garnish

DIRECTIONS

1. Prep the Oven and Cauliflower: I preheat my oven to 425°F (220°C) and line a baking sheet with parchment paper for easy cleanup.
2. To slice the cauliflower into steaks, I remove the leaves and trim the stem just enough so the base stays intact. Then I cut through the center of the cauliflower into $\frac{3}{4}$ to 1-inch slabs. You'll usually get 2-3 full steaks from a large head; the rest can be roasted separately as florets.
3. Make the Marinade: In a small bowl, I whisk together the gochujang, soy sauce, maple syrup, rice vinegar, minced garlic, olive oil, salt, and pepper. This mixture is sticky, savory, spicy, and slightly sweet-exactly what cauliflower needs to come alive.
4. Coat and Roast: I brush each side of the cauliflower steaks generously with the marinade and place them on the prepared baking sheet.
5. Into the oven they go for 25-30 minutes, flipping once halfway through. I look for slightly charred edges and a fork-tender center.
6. Pro tip: For extra caramelization, brush on more marinade during the last 5 minutes.
7. Garnish and Serve: Once out of the oven, I sprinkle the steaks with toasted sesame seeds and a handful of chopped green onions for color, crunch, and that classic Korean finishing touch.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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