

## Herb-Crusted Cauliflower Steaks with Black Garlic and Lemon Ranch

Black Garlic & Herb-Crusted Cauliflower Steaks with Lemon Ranch



**OVEN**  
**400°F**

**TIME**  
**30 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Cauliflower Steaks:

- 1 head of cauliflower
- 4 cloves black garlic
- 1/4 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 tbsp chopped fresh herbs (parsley, thyme, rosemary)
- Salt and pepper, to taste
- 1/4 cup olive oil

For the Lemon Ranch Dressing:

- 1/2 cup ranch dressing
- Juice of 1 lemon
- Zest of 1 lemon

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Slice the cauliflower: Remove leaves and stem, then slice the cauliflower head into 1-inch thick steaks.
3. Make the crust: In a food processor, blend black garlic, breadcrumbs, Parmesan, herbs, salt, and pepper until combined and crumbly.
4. Brush and crust: Brush both sides of each cauliflower steak with olive oil. Press the herb and garlic mixture onto both sides firmly.
5. Bake: Place steaks on a parchment-lined baking sheet. Bake for 25-30 minutes, flipping halfway, until golden brown and tender.
6. Prepare lemon ranch: Mix ranch dressing, lemon juice, and zest in a bowl until smooth. Chill if making ahead.
7. Serve: Drizzle the hot cauliflower steaks with lemon ranch and garnish with extra herbs if desired.

### SWAPS & NOTES

Tender roasted cauliflower gets a golden crust of breadcrumbs, Parmesan, and fresh herbs, while black garlic adds deep, rich umami flavor.

Finish it all off with a cool, tangy lemon ranch drizzle-and you've got a main dish or side that feels gourmet and cozy all at once.

Why I Love This Recipe There's something really magical about transforming a humble head of cauliflower into a show-stopping meal.

This dish layers texture and flavor in all the right ways: the crunchy, savory crust, the soft roasted center, and the bright, creamy finish of the lemon ranch.

### TIPS FOR SUCCESS

Use a sharp knife to get clean cauliflower slices and avoid crumbling.

Don't skip the black garlic -its rich umami flavor makes this dish shine.

Press the crust firmly onto the cauliflower to help it stick during baking.

Double the lemon ranch -you'll want extra for dipping!

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

Original recipe: <https://chefmaniac.com/herb-crust-ed-cauliflower-steaks-with-black-garlic-and-lemon-ranch/>