

# Whole Roasted Cauliflower

Serves 6

Time 60 minutes

Vegan

Common Allergens Soy, check labels

Lightly adapted from [Vegan Richa](#)

## Ingredients

- 1 small to medium cauliflower
- 1 tablespoon oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon thyme
- 1 teaspoon oregano
- ½ teaspoon ground sage
- 2 ½ tablespoons soy sauce or tamari, divided
- 1 tablespoon vegan Worcestershire sauce
- 1 tablespoon maple syrup
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika

## Notes

- Make ahead: You can make the marinade ahead of time or keep the cauliflower marinated for up to a day. The cauliflower can also be roasted halfway. Once roasted for 30 mins, cool and store covered. Baste well and bake uncovered for about 30 minutes before serving.
- The cooking time varies depending on the size of the cauliflower, oven, pan etc.
- Make gravy of the marinade: Mix another batch of the marinade in a saucepan. Add 1 tablespoon flour or cornstarch and 1 ½ cups broth and simmer for a few minutes to thicken. Use as gravy.
- Florets/tofu: You can also use the marinade with cauliflower florets or pressed cubed tofu. Omit the water from the marinade. Toss florets/tofu to coat. Spread on parchment lined baking dish and bake at 400°F for 30 minutes.



## Instructions

1. Preheat the oven to 425°F.
2. Mix 2 tablespoons soy sauce and the rest of the marinade ingredients together. Add 2-3 tablespoons of water or vegetable broth and mix.
3. Using a thin knife, make some small cuts on the top and the bottom of the cauliflower. Pour half of the marinade inside the overturned cauliflower and move it around to coat the inside well. Brush the cauliflower lightly and let it sit upside down to marinate for at least an hour (marinating is optional, but helps add more flavor).
4. If you marinated the cauliflower, brush more marinade on the cauliflower and place in a greased baking dish or cast iron skillet.
5. Cover with foil or another baking dish. It is not necessary to seal the dish completely. Roast for 30-35 minutes (longer for larger head). Add 1-2 tablespoons of water and the 1/2 tablespoon soy sauce to the remaining marinade. Uncover and baste liberally again.
6. There should be some moisture that leaks from the cauliflower and marinade into the pan because of covering and baking. If not, then drizzle a few tablespoons of water or broth around the cauliflower so it doesn't scorch. Continue to bake uncovered for 20-30 minutes. Use a knife to check if the cauliflower is cooked all the way through.
7. Remove when done and baste with any remaining marinade. Garnish with fresh herbs. Slice and serve.