

Roasted Cabbage Steaks

Simple roasted cabbage steaks recipe. Thick slices of caramelized cabbage seasoned with olive oil, salt, and spices. Perfect vegetarian main or side dish.

15 min

PREP

25 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cabbage
- 1 cup olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika

Instructions

1 Prepare the oven and cabbage

Preheat oven to 425°F (220°C). Remove any damaged outer leaves from the cabbage and trim the stem end slightly, leaving the core intact to hold the steaks together.

- ### 2
- Place cabbage stem-side down on a cutting board and slice into 1-inch thick rounds using a large sharp knife, cutting straight down through the core to create 4-6 steaks.

3 Season the cabbage steaks

Line a large baking sheet with parchment paper and arrange cabbage steaks in a single layer without overlapping.

- ### 4
- Brush both sides of each cabbage steak with olive oil, using about 2-3 tablespoons total to coat all steaks evenly.

- ### 5
- Season both sides of each steak with 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon paprika, pressing the seasonings gently into the cabbage surface.

6 Roast the cabbage

Roast for 20-25 minutes until the edges are golden brown and caramelized and the cabbage feels tender when pierced with a fork.

7 Remove from oven and let rest for 2-3 minutes to allow the cabbage to firm up slightly before serving.

Tips

Choose a firm, heavy cabbage head with tight, crisp outer leaves. Avoid cabbages with soft spots, wilted leaves, or a strong sulfur smell, which indicates age or poor storage.

Keep the core intact when slicing - it acts as the "backbone" that holds the cabbage steak together during cooking. Cut straight down through the core to maintain structural integrity.

Slice steaks 1-1.5 inches thick for the best results. Thinner slices may fall apart, while thicker ones may not cook evenly. Use a large, sharp knife and make clean, decisive cuts.

Don't skip oiling both sides of the steaks - this prevents sticking and promotes even browning. Olive oil works well, but avocado oil can handle higher heat if you prefer extra crispiness.

Preheat your oven to 425°F (220°C) and use parchment paper to prevent sticking. High heat is essential for developing those golden, caramelized edges that make cabbage steaks special.

Flip carefully if desired, but it's not strictly necessary. If you do flip, use a large spatula and support the steak from underneath to prevent breaking apart.

Season generously - cabbage has a mild flavor that benefits from bold seasonings. Don't be afraid to experiment with different spice blends, herbs, or finishing sauces.

Test for doneness by piercing the thickest part with a fork. The cabbage should be tender but still hold its shape, with golden brown edges and some caramelization on the surfaces.