Steamed cauliflower with curry bechamel au gratin



Consejo del chef

Top this dish off with fresh herbs for a fresh and aromatic finishing touch.

Raciones para 4

- ❏ **1** Cauliflower
- ❏ Olive oil
- ❏ Salt
- ❏ Pepper
- ❏ **90 gr** Butter
- ❏ **1 Teaspoon** Curry
- ❏ **90 gr** Flour
- ❏ **1 l** Milk
- ❏ Grated parmesan cheese
- ❏ Grated emmental cheese
- ❏ Fresh herbs

1. Cut the cauliflower into florets and steam them on the perforated trays at 100 °C for 10 minutes, or more if they are large.
2. Melt butter in a saucepan. Add curry and stir. Combine with flour, stir well, and cook for a while.
3. Pour the milk little by little, stirring at the same time with a whisk until the béchamel is done. Add salt, pepper, and curry to taste. Then, add the parmesan cheese and bring it to a boil for 5 minutes to cook the flour thoroughly.
4. Place the cauliflower in a ceramic baking tray, cover with the bechamel and emmental cheese all over. Gratin in the steam oven on the au gratin setting at 190 °C for 15 to 20 minutes.

Chef's Notes

https://cookinglovers.teka.com/en/receta/coliflor-al-vapor-con-bechamel-de-curry-gratinada/