

# Steamed cauliflower with curry bechamel au gratin

COOKING  
LOVERS TEMA



## 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

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

