

Steamed cauliflower with curry bechamel au gratin

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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/>

