

SEAFOOD CREPES WITH BECHAMEL SAUCE

I will try my best to provide guidelines for making Seafood Crepes. Adjust your quantities of ingredients as per the number of crepes you are making. Suggestions from the Demo:

- Needed more bechamel (cream sauce) as well as salt/pepper and nutmeg
- Seafood: I love shrimp!! To make things easier I used smaller shrimp, as they are deveined and tail off but a larger, more flavourful shrimp makes the crepes delicious
- Crepes could have had more filling
- Use any type of seafood you love, using salmon or pink trout is awesome and of course fresh over frozen

Preparing the Seafood:

Put your fresh or unthawed and drained seafood (pat dry) in a pot with 1 cup of water, ½ cup of dry white wine, 1 shallot* (chopped), bay leaf, few drops of lemon juice and a few drops of olive oil. Of course, adjust to the number of crepes you are preparing.

*Nice to saute the shallot/onion with some mushrooms.

Mushrooms are a nice addition.

Heat and simmer until the shrimp are turning pink. Drain but keep the seafood water for the bechamel sauce and set seafood aside.

Bechamel:

In a medium saucepan melt butter and add flour and stir until blended. About 6 teaspoons of butter and 2 tablespoons of flour, again adjust to fit your numbers. Slowly pour in the seafood juice. Sauce will start to thicken. You do not necessarily need all the juice. Add salt, pepper and

nutmeg. Add in the grated cheese. I recommend gruyere or Swiss. The amount of cheese, not sure on amount, the more the better in my opinion. This should take about ten minutes.

Add about one cup of the bechamel to your seafood. Using your cooked crepes, spread a generous amount of the seafood on the crepe, roll up and place seam side down in a buttered casserole dish. Repeat. Pour a generous amount of the bechamel sauce over the crepes. Top with a bit more cheese and parsley.

Nice to bake two crepes per individual serving dish.

Bake at 425F for about 10 to 15 minutes until heated through and cheese melted.

See mangiabedda.com (search seafood crepes). Nadia's recipe is very similar to this one.