

Seafood cassolette in a béchamel sauce, with guyère cheese

Recette pour 4 personnes

Description A seafood dishe for the cold weather.

Ingrédients

For the béchamel sauce

- 400 Ml Milk
- 35 Gr Butter
- 35 Gr Wheat flour
- 5 Ml Nutmeg

- Vegetable oil
- Salt and pepper

For the seafood

- 16 Unit(s) Peeled medium shrimps
- 200 Gr Bay scallops
- 2 Unit(s) Shallot
- 4 Sprig(s) Parsley
- 200 Ml White wine
- 100 Gr Gruyere cheese

- Vegetable oil
- Salt and pepper

For the salad

- 4 Handful(s) Mixed greens
- 30 Ml Red wine vinegar
- 60 Ml Olive oil
- 15 Ml Dijon mustard

- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **45 mins**

For the preparation

Cut the scallops in half, and the shrimps in pieces. Cut the parsley finely and chop the parsley. Shred the gruyère cheese.

For the béchamel sauce

In a saucepan melt butter, add the flour and cook one minute on low heat, stirring constantly, pour half of your cold milk, and mix with a whisk until the sauce thickens add remaining milk, continue whisking to prevent lumps. Add salt, pepper and the nutmeg.

For the seafood

Defrost the shrimps and the scallops and get them dry. In a hot pan with a drizzle of vegetable oil, pan sear the scallops with a knob of butter to help the coloration and take them out. In the same pan with another drizzle of vegetable oil, pan sear the shrimps and take them out, in the same pan again, sweat the shallots, deglaze with the white wine and let it reduce. And mix all the preparations together.

For the salad

In a bowl, mix the vinegar, the mustard with salt and pepper. Whisk it with adding the oil gently. Pour on the salad and mix it.

For the plating

Put the seafood and béchamel mix in the casseroles and the gruyère on the top, put it in the oven until the cheese gets crusty. Put it on the plate with a bunch of salad on the side.

Bon appétit!