

Creamy seafood and white wine sauce |

Recipe for 4 servings

Description

A rich, creamy sauce topped with leeks and seafood.

Note

Feel free to change the seafood in this recipe. However it is important to not overcook them so they remain tender.

Ingredients

For the seafood sauce

- 60 Gr Butter
- 1 Unit(s) White onion
- 1 Unit(s) Leek
- 60 Gr Flour
- 60 Ml White wine
- 625 Ml Milk
- 150 Ml 35% whipping cream
- 1 Tbsp Fish stock
- 16 Unit(s) Bay scallops
- 12 Unit(s) Peeled medium shrimps
- 4 Sprig(s) Parsley
- 1 Pinch(es) Nutmeg
- Salt and pepper

Preparation

- Preparation time **25 mins**

General preparation

Cut the onions in cubes, wash and minced the leeks, chop the parsley. Cut the scallops in half and the shrimps in small pieces. Prepare the fish stock in 500ml of hot water.

Bechamel preparation

In a sauce pan, melt the butter and add the flour, whisk it continuously until it gets smooth, then add the milk and whisk until it gets thick. Finish with salt, pepper and nutmeg. Set aside.

For the leeks

In a warm pan cook the leeks with olive oil until they become tender and then lower the heat to the lowest setting.

Seafood sauce

In a hot pan with vegetable oil, sear the shrimps and the scallops for two minutes then set aside. In the same pan, sweat the onions, deglaze with white wine and reduce, add the fish fumet and reduce again and finally add the cream and let it cook for 4 minutes. Pour it on the leeks, add the bechamel and the seafood and then adjust the seasoning.

Serve with pasta of your choice.

Bon appétit!