

# Seafood puff pastry with basmati rice seasoned with Espelette chili

Recipe for 4 persons



## Description

In puff pastry shells, a rich creamy sauce with leeks and seafood with basmati rice with Espelette chili.

## 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
- 4 Unit(s) Store-bought patty shells
- 0.25 Tsp Nutmeg
  
- Olive oil
- Vegetable oil
- Salt and pepper

### For the rice

- 200 Gr Basmati rice
- 5 Ml Espelette pepper
  
- Olive oil
- Vegetable oil
- Salt and pepper

## Preparation

- Preparation time **25.00 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.

#### For the vol-au-vent garnish

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.

#### For the rice

In a big pot of salty boiling water, cook the rice for 20 minutes. Strain and add a drizzle of olive oil, salt and the Espelette chili.

#### For the plating

With a knife, remove the top from the vol-au-vent and warm them in the oven for two minutes. Put it on the plate and garnish with the seafood mix and finish with the rice on the side.

**Bon appétit!**