

# Lobster and scallop Thermidor gratin, fennel, tarragon, Yukon Gold potatoes and Monterey Jack cheese |

Recipe for 4 portions / 12 tapas

## Description

Presented as a gratin, you will find pieces of lobster and scallops served in creamy and cheesy white sauce. Served with a side of sliced fennel, flavored with tarragon.

## Ingredients

### Lobster and scallop Thermidor

- 300 Gr Lobster
- 300 Gr Frozen bay scallop
- 300 Gr Fennel
- 12 Unit(s) Fingerling potatoes
- 500 Ml Milk
- 30 Gr Butter
- 100 Gr French shallot
- 125 Gr Button mushrooms
- 1 Clove(s) Chopped garlic
- 30 Gr Flour
- 1 Tbsp Maille grain mustard
- 4 Sprig(s) Tarragon
- 0.50 Tsp Paprika
- 200 Gr Monterey jack cheese

## Preparation

- Preparation time **45 mins**
- Preheat your **four** at **425 F°**

### Set up

Finely chop the shallots. Slice the mushrooms. Chop the garlic. Coarsely chop the tarragon. Grate the cheese. Peel and slice the fennel. Peel and dice the potatoes

### Lobster, scallops and potatoes

Lobster: Boil a pot of water, when your water start boiling drop the lobster in it, count 12 to 13 minutes of cooking. Remove the lobster from the water with tongs, let it cool down, then cut it and recover all the flesh. Scallops: Simmer the milk in a saucepan, dip the scallops about 1 to 2 minutes. Take them out, pass the milk through a strainer. Potatoes: In a pot of cold water with salt, dip your diced potatoes, bring it to boil for 5 minutes. Drain and cool them under running cold water to stop the cooking.

### Thermidor sauce

In a saucepan, melt the butter, add the shallots, the mushrooms and garlic and cook them for few seconds. Pour the flour and mix with your wooden spatula. Add the warm milk, stir again with a whisk, bring to boil then reduce the heat. Add the mustard, paprika, scallops, lobster meat and potatoes. Make a slight boil and then stop the fire. Add tarragon and adjust the seasoning with salt and pepper.

### Fennel

In a frying pan with oil and a knob of butter, fry the chopped fennel. Season with salt and pepper, stir fry the fennel during 3/4 minutes.

### Gratin assembling

Divide the fennel in the gratin dishes, add Thermidor mix on top. Top with grated cheese and bake for about 10 minutes. Make sure the cheese is nicely colored.

**Bon appétit!**