

Sea food gratin, saffron bechamel

Recipe for 4

Description

Casserole garnished with seafood bathed in a creamy bechamel sauce with saffron.

Note

You can use fresh seafood and add the cooking juices to the sauce. But do not overcook the fish and shellfish as they become dry and rubbery.

Ingredients

For the bechamel

- 400 Ml Mussel broth
- 25 Gr Butter
- 15 Gr Flour
- 1 Pinch(es) Saffron

- Butter
- Salt and pepper

For the casserole

- 12 Unit(s) Cooked mussel
- 12 Unit(s) Peeled medium shrimps
- 2 Unit(s) Shallot
- 4 Sprig(s) Parsley
- 200 Ml White wine
- 120 Gr Crab meat

- Butter
- Salt and pepper

Mussels

- 150 Gr Fresh mussels
- 0.50 Unit(s) White onion
- 120 Ml White wine

- Butter
- Salt and pepper

Preparation

- Preparation time **40 mins**
- Preheat your **Oven** at **400 F°**

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General preparation

Finely chop the shallots and the persil leaves.

Bechamel preparation

In a saucepan melt butter, add the flour and cook one minute on low heat, stirring constantly, pour half of your cold milk, and the mix with a whisk until the sauce thickens add remaining milk,

continue whisking to prevent lumps. Season, then add a pinch of saffron, and let steep until it cools down.

Casserole preparation

Defrost the shrimps and the scallops and get them dry. In a hot pan with a drizzle of vegetable oil, pan sired the scallops with a nuts of butter to help the coloration and take them out. In the same pan with another drizzle of vegetable oil, pan sired the shrimps and take them out, in the same pan again, sweat the shallots, deglaze with the withe wine and let it reduce.

To serve

In individual ovenproof dishes, place your filling and top with béchamel sauce, sprinkle with breadcrumbs and bake until top is browned. Serve hot with a mixed green salad dressed with your favorite dressing.

Bon appétit!