



## **Mornay-Style Cheesy Seafood Shells**

Initially, I discovered the creamy deliciousness of Scallops Mornay a few years ago. This creamy seafood recipe was inspired by them, but it's not quite the same thing.

After a few "hunting" trips to the fish markets, I discovered Peter Doyle's delicious restaurant - Doyle's Sydney Fish Markets. As the aim of our car-less trips to the

fish markets is to pick up fresh salmon sashimi and oysters, we had to briskly take away the scallops and eat them in a nearby park while they were still hot. My partner asked me to make something similar but with a slightly cheesier twist, so here we are.

**Note:** I am putting this recipe up today after a long period silence. I'd like to apologise for that and wish to redeem myself in part by posting this recipe. The guests we had over for dinner last night begged for me to give them this recipe. I realised that if I give it to them, then I owe it to my loyal readers too. Thank you for your patience, and now I'll get on with it.

### **Ingredients**

- Seafood mix (500g, if you have shells) or approx. 20 scallops
- Salt & Pepper, ground
- Butter, 30g
- 6 garlic cloves, crushed
- Flour, 2 tbsp
- Full cream milk, 125 ml
- Cream, 400ml (small carton)
- Your favourite cheese mix, grated, around 1.5 cups
- Paprika

### **Method**

1. On a non-stick frying pan, add a *tiny* amount of butter and fry your seafood. Only lightly salt and pepper it and be careful not to over-cook it.
2. In a small pot, quickly melt the butter on a medium heat.
3. Add garlic and cook for 3-4 mins, whilst stirring well.
4. Add flour and keep stirring.
5. Carefully and slowly, stir in the milk.
6. Carefully and slowly, stir in the cream.
7. Sprinkle in around 1 cup of your cheese mix, allowing it to melt while stirring. Taste the mixture to see if you like the amount of cheese and increase if required. Keep stirring.
8. Add pepper and keep stirring until mixture thickens slightly from the cheese.
9. Allow mixture to cook for 1-2 mins and turn it off.
10. Preheat oven to 180c (fan-forced).

11. Place cooked seafood into shells.
12. Scoop sauce on top of seafood, ensuring it is covered.
13. Sprinkle remaining cheese on top of saucy seafood shells.
14. Bake until cheese melts.
15. Take out, sprinkle with paprika and bake for 1 more minute.
16. Lightly cool and enjoy.