



Creamy Seafood Crepes

These creamy seafood crepes make a delicious light meal with a green salad or a tasty starter if you serve one per person. Vary the seafood and herbs if you like, white fish, crab meat and bugs or lobster are all delicious inclusions and chives, French tarragon or chervil can all be used instead of dill.

Serves 4 (or 8 as a starter)

INGREDIENTS

- 200g green prawns, peeled, deveined (7oz)
- 375g piece salmon fillet, skin off, pin-boned (13oz)
- 50g butter (2oz)
- 1 leek, washed well, chopped
- 1 clove garlic, crushed
- Salt flakes and freshly ground black pepper, to taste
- ½ lemon, zested and juiced
- 100g Gruyère, grated (3½oz)
- 1 tablespoon finely sliced dill
- 8 x 20cm (8") crêpes

Béchamel Sauce

- 25g butter (1oz)
- 2 tablespoons plain flour (25g)
- 300ml milk (about 1¼ cups/½ pint)
- Freshly grated nutmeg, to taste
- Salt flakes, to taste

METHOD

1. Pre-heat oven to 180°C/355°F.
2. Cut prawns and salmon into a 1–2cm dice (about ½"). Set aside.
3. Melt butter in a frying pan over a low heat, add leek, garlic and a good pinch of salt and cook, covered, for 15–20 minutes, until tender, stirring occasionally.
4. Meanwhile, make Béchamel Sauce: Melt butter in a saucepan over a low heat, stir in flour and cook for 4 minutes, stirring often. Add milk and stir continuously until sauce comes to a boil and thickens. Stir in nutmeg and salt and remove from heat.
5. Stir in lemon zest, juice, pepper and about half the Gruyère. Taste and add salt.
6. Stir in seafood and dill.
7. When leek is cooked, combine with the Béchamel Sauce mixture.
8. Lay a crêpe on a clean dry work surface and place about ⅓ cup (80ml) of mixture in the centre of it, forming a rectangle.
9. Fold the sides over to enclose the filling then tuck the ends under to form a neat parcel.
10. Place in a greased baking dish, seam side down.
11. Repeat with remaining crêpes and filling, forming a single layer.
12. Sprinkle remaining Gruyère over the top and bake for 15–20 minutes until lightly browned.

