



APPETITE  **THE WILD**
Cook • Fish • Hunt



by MELISSA FROHLOFF

Seafood mornay pot pies

Ingredients

- 250g green prawns
- 250g sea scallops
- 250g marinara mix
- 1 1/2 cups plain flour
- 4 tbsp butter
- 1 cup warm water
- 1 1/2 tsp chicken stock powder
- 1 cup milk
- 300ml thickened cream
- 1 1/2tsp minced garlic
- 1/2 cup shallots
- 1/2 cup garlic chives
- Salt and pepper
- 250g grated cheese
- Puff pastry
- 1 egg yolk, beaten
- 1 tbsp raw sugar

Method

1. Cut sea scallops and prawns in half.
2. Melt 1 tablespoon of butter in a large pan over medium heat. Fry prawns and scallops until they change colour. Remove prawns and scallops from pan.
3. Add marinara mix and lightly fry. Remove marinara mix and juices from pan and set aside.

4. Add 1 tablespoon of butter to pan and lightly fry garlic chives, garlic and shallots until aromatic. Remove from pan.

5. Melt remaining butter on low heat and stir in flour until butter and flour is combined. Remove from heat.

6. Add chicken stock to warm water. Once dissolved, add to flour and butter mix. Whisk to remove lumps.

7. Return to a low heat. Add milk to mix and stir to a smooth consistency. Add cream and sugar – this will be the base to the mornay sauce.

8. Add seafood, shallots, garlic and chives to mornay sauce and stir consistently over low heat until seafood mornay starts to simmer.

9. Add salt and pepper to taste.

10. Divide the cheese evenly and place on the bottom of four pie pots, add seafood mornay filling.

11. Cut a square piece of puff pastry and place on top of the pie dishes.

12. Lightly coat the puff pastry with egg wash.

13. Bake in moderate oven until pastry is golden.

Notes

This is one of those old-time favourites that was shared with me from an old friend. Food is about bringing people together and keeping treasured recipes and memories alive.

Prep time: 15 min | Cook time: 45 min | Serves 4