



Crayfish Tails Thermidor



Servings: 4
Total Time: 45 mins
Cooking Time: 30 mins (stove-top)
3-5 mins (grill)
Pre-heat Oven to 50°C



METHOD

Over a medium heat, melt the oil in a deep large frying pan and fry the tails shell side up in the oil for 3-4 mins. Turn the tails over and fry covered 12 mins.

Remove the flesh from the shells, return to the pan, cover and keep warm in a low oven.

In a medium saucepan over a medium heat, melt 3 Tbsp butter and sauté the onions until transparent. Add the mushrooms and cook for 3-4 mins. Stir in the flour and cook for 1 min. While whisking, slowly add the wine, cream & milk and cook for 2 mins. Turn off the heat and fold in the cheddar cheese, paprika, mustard, cream cheese, parsley & juices from the crayfish pan.

Chop up the crayfish meat and fold into the sauce. Pile the crayfish mixture into the shells arranged in a shallow dish, dot with the remaining butter and sprinkle over the breadcrumbs & parmesan cheese. Place under a grill for 3-5 mins to lightly brown and serve immediately.

INGREDIENTS

8 small or 4 large crayfish tails (in shells)
2 Tbsp olive oil
4 Tbsp butter
1 medium onion, diced
90g button mushrooms, finely sliced
3 Tbsp cake flour
50ml dry white wine
250ml milk
125ml fresh cream
½ cup strong cheddar cheese, grated
½ tsp smoked paprika
½ tsp mustard powder
2 Tbsp cream cheese with onion & chives
1 Tbsp freshly chopped parsley
3 Tbsp Parmesan cheese, finely grated
2 Tbsp breadcrumbs
1 lemon, cut into wedges