

Seafood Crepes in Mornay Sauce

4 servings

2 hours

Ingredients

1 cup milk

2 eggs

2 tsp oil

2 tsp butter

1 tbl butter

4-6 mushrooms

½ zucchini, sliced

¼ cup onion

1 tbl butter

1 tbl flour

1 cup milk

¾ cup grated Parmesan Cheese

1 cup cooked shrimp, crab, scallops or whitefish, cut into bite sized pieces

¼ lb Gruyere shredded

Directions

In a medium sized bowl, blend milk and eggs with a wire whisk. Add flour and oil, mix until smooth. Let batter stand at room temperature for one hour. You may also cover it and refrigerate it overnight.

Heat 1 tbl butter in an 8-inch skillet over medium heat. Add mushrooms, zucchini, and onion. Sauté until soft. Remove from pan to a medium sized bowl, and set aside.

Melt 1 tbl butter in a saucepan. Add flour, stirring constantly with a wire whisk. And cook until bubbly. Remove from heat. Stir in milk with a wire whisk and return to low heat stirring until sauce begins to thicken. Add Parmesan cheese. Stir for one to two minutes longer, and remove from heat. Sauce will thicken upon standing.

Once the crepe batter has rested, heat a non-stick skillet over medium heat until a drop of water sizzles on the pan. Grease lightly with butter, pour about ¼ cup of crepe batter into the middle of the pan. Swirl the batter in the pan to coat the entire bottom of the pan.

The crepe will set immediately and begin to form tiny bubbles. When the edges are lightly browned and the surface appears to be dry (about 30-40 seconds), run a spatula around the edges of the crepe and turn to cook on the other side for about 20 seconds. This side does not brown. Turn crepe out of the pan onto a plate.

Repeat this process for each crepe. (Crepes may be prepared 2-3 days in advance. After cooling, place a sheet of wax paper between each crepe, place in an airtight container, and refrigerate, if not using crepes immediately.)

Add seafood to vegetable mixture, then mix in ¼ to 1/3 cup of the sauce, enough to coat the mixture. Place crepes one at a time in a baking dish. Fill with ½ cup seafood/vegetable mixture, and roll up. Repeat with remaining crepes. You can use one large baking dish or individual serving dishes. Place slices of cheese on top of the crepes, then pour the sauce all over the crepes. Bake uncovered for 20-25 minutes.

Variation: Instead of seafood you can substitute cooked chicken for a different flavor.