La coquille Saint-Jacques

Cuisine: **French**
Food category: **Fish**

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Program steps

1	Hot air	25 %	Termination by time	00:08 hh:mm	190 °C	100 %	

Ingredients - number of portions - 6

Name	Value	Unit
Unsalted butter	50	g
whole milk	500	ml
Plain Flour	120	g
parsley	50	g
scallops	12	pcs
Prawns	350	g
lemon	1	pcs
potatoes	700	g
egg	3	pcs

Nutrition and allergens

Allergens: 3, CRUSTACEANS, Gluten, Milk, shellfish
Minerals: 0mg, 6mg, Ca, CA, Calcium, Calcium: 20mg, Co, Cr, Cu, F, Fe, I, Iron: 0, K, Magnesium: 23mg, Mg, Mn, Na, P, Phosphorus, Phosphorus: 200mg, Potassium, Potassium: 210mg, Se, Selenium, Sodium: 50mg, Zinc, Zinc: 1, Zn
Vitamins: 1µg, 5µg, A, B, B12, B3, B6, C, Cholin, D, E, K, Kyselina listová, Vitamin A, Vitamin B12: 1, Vitamin D, Vitamin D: 0

Nutritional value of one portion	Value
Energy	506.1 kJ
Carbohydrate	38.2 g
Fat	7.5 g
Protein	18.7 g
Water	47.3 g

Directions

1. For the sauce: melt the butter in a pan over a medium heat, whisk in the flour and cook for 2 minutes. whisk in the milk, simmer until bubbling, add seasoning to taste

2.Divide the prawns and scallops equally between shells and pour sauce over them, leave to cool.

3.Steam the potatoes until soft ready to mash with a potatoes ricer, mix in butter, egg yolks and season to taste and put in piping bag.

4.Pre- heat the oven to 190C. Pipe the mash on top of the shell and place in the oven for 8 minutes

Garnish idea: Parmesan crips, focaccia