


La coquille Saint-Jacques

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



Author: **Samuel Ashton**


Company: **Retigo UK**





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
eggs	3	pcs

Nutrition and allergens	
Allergens: Minerals: Ca, CA, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, Kyselina listová	
Nutritional value of one portion	Value
Energy	375.5 kJ
Carbohydrate	22.9 g
Fat	7.1 g
Protein	2.7 g
Water	0 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