Crayfish Mornay

A little clove scents the milk. Fold the crayfish through the warm cheese sauce, spoon it back into its shells and grill the top.



SERVES 2 AS A STARTER / SMALL SAUCEPAN AND OVERHEAD GRILL

Prep 15 min · Cook 12–16 min

Ingredients

1 cooked Australian rock lobster (crayfish), about 650–800 g, split lengthways and cleaned

125 ml full-cream milk

¼ small onion and 1 whole clove

8 g butter and 8 g plain flour

15 ml pouring cream

12 g grated tasty cheddar and 8 g finely grated parmesan

Salt and black pepper, to taste

At the stove

1. Prepare

Dice the cooked tail meat and steady the empty shell halves on a metal tray.

2. Make the sauce

Infuse the milk with onion and clove, then thicken with butter and flour. Stir in cream and cheese.

3. Grill

Warm the crayfish through in the sauce. Divide between the shells and grill until bubbling and golden.

KOOK'S SECRET

Lift the spoon out of the sauce before the crayfish goes in. It should leave a creamy coat on the back of the spoon so it stays around the diced meat.

Crayfish Mornay

The full method

01 **Prepare the shells**

Ask the fishmonger to split and clean the cooked crayfish. Lift the tail meat out of both halves and cut into 2 cm pieces. Check for shell fragments. Prop the two empty halves level on a metal tray with scrunched foil.

02 **Warm the milk**

Push the clove into the onion and put it in a small saucepan with the milk. Heat until steaming, take off the heat and leave for 5 minutes. Discard the onion and clove. Pour the milk into a jug. Heat the overhead grill to high.

03 **Make the Mornay**

Melt the butter in the saucepan. Stir in the flour for 1 minute. Whisk in the milk a little at a time, then simmer for 2–3 minutes, stirring. Take off the heat. Stir in the cream, cheddar and half the parmesan. Taste for seasoning.

04 **Fill and grill**

Fold in the diced crayfish and stir over gentle heat until piping hot all through. Spoon into the shell halves and scatter over the remaining parmesan. Grill until the sauce bubbles and freckles gold, about 2–4 minutes. Serve straight away.

FROM MARK'S KITCHEN

Sit the empty shells on the tray before filling them. A little twist of foil under the narrow end will keep the cheese sauce from running out.