

View from the Fridge – Recipes from Brian Donkin

Recipe # 38 – Seafood Crepes with Parsley and Basil Sauce

Preparation time: 20 mins – Cooking time: 20 mins

Ingredients for Crepes

½ pint milk
1 egg
100gms plain flour
1 wine glass of olive oil
a pinch of salt

Method for Crepes

1. Whisk all ingredients together until smooth
2. Pour through a sieve into a jug
3. Pour splash of the oil into a frying pan over a medium heat coating the surface of the pan
4. Thinly coat the surface of the pan with the pancake mixture to make a thin crepe. Cook for 1 minute and then turn over and cook the other side for 30 seconds.
5. Make a stack of 8 crepes

Ingredients for Seafood Filling

2 shallots, finely diced
150 gms of salmon fillet, cut into ½ inch pieces
150 gms of halibut fillet, cut into ½ inch pieces
100gms cooked prawns, shelled
100gms of cooked mussels, shelled
100gms butter
salt and pepper

Method for Seafood Filling

1. Saute shallots in the butter until soft then add in the halibut and salmon, season with salt and pepper.
2. Cover pan with lid and cook for 3 minutes.
3. Add the prawns and mussels, cover with lid and bring to the boil. Remove from heat immediately
4. Remove seafood from the pan with a slotted spoon, leaving the juices (for using in the sauce). Do this one spoonful at a time, filling the crepes and rolling them up.

Ingredients for Parsley and Basil Sauce

Juices from the fish
150mls single cream /. (see next page)

50gms chopped parsley
1 teaspoon of pesto sauce
25gms buerre manie (see sauces and side dishes)

Method for Parsley and Basil Sauce

1. Put all the ingredients in a pot over a medium heat. Whisk regularly until it comes to the boil.
2. Simmer for 1 minute then pour over the crepes.

Serves 4

