

Idiot's Kitchen Recipe – Coquilles St. Jacques

Recipe from www.idiotskitchen.com – adapted from Julia Child



Ingredients:

¾ pound dry pack sea scallops (if not using shrimp, increase the scallops to 1 – 1 ½ pounds)
½ pound large peeled and deveined shrimp
1 cup dry white wine
2 medium shallots, finely chopped (about 3 Tablespoons)
1 bay leaf
4 Tablespoons butter, divided
8 ounces mushrooms, sliced
¼ cup flour
¾ cup milk
¼ cup heavy cream
Pinch cayenne pepper
1 cup Gruyere cheese, grated
Salt & Pepper

Bring 1 cup dry white wine, 2 medium chopped shallots, and 1 bay leaf to a boil in a large shallow pan. When the wine is boiling, add ¾ pound dry pack sea scallops and ½ pound peeled and deveined shrimp. Cook quickly in the boiling liquid for only 3-4 minutes turning the seafood once while cooking. The seafood is done when the shrimp have turned a vibrant pink and their edges have just started to curl. Do not overcook the seafood.

Use a slotted spoon to remove the scallops and shrimp from the cooking liquid. Divide the seafood equally between 4 ramekins or small baking dishes. Reserve the cooking liquid.

In a separate pan, cook 8 ounces of sliced mushrooms in 1 Tablespoon of butter over medium high heat. Sauté the mushrooms for about 5 minutes until nicely browned and all of the liquid has been released and cooked away. Divide the browned mushrooms between the ramekins of seafood.

Add the remaining 3 Tablespoons of butter to the pan you used to sauté the mushrooms. Melt the butter over medium heat and whisk in ¼ cup of flour to make a paste or roux. Turn the heat down to low and stir in the cooking liquid from the seafood pan. Add ¾ cup of milk and whisk until all lumps have been removed. Bring to a boil to slightly thicken. Add ¼ cup of heavy cream. Season the sauce with salt, pepper, and a pinch of cayenne pepper. Pour the sauce over the seafood and mushrooms in the ramekins. Top each ramekin with grated gruyere cheese.

Cook under a hot oven broiler on the middle shelf of the oven for about 6 minutes until bubbly then move the tray to the top rack of the oven for 1-2 minutes to give the cheese a nice bubbly golden brown crust. **Watch carefully while under the boiler so that it doesn't burn.**

Serves 4.