

COQUILLES ST JACQUES.

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Preparation Time; 1 hour

Cooking Time; 20 to 30 minutes.

This Recipe will produce 17 Coquilles St. Jacques or 17 Deep aluminum Tart pans of 5 inch by 1 3/8 inch deep.

For a smaller Recipe use only .454 g of Shrimps instead of .908 g and 3 Cup of milk instead of 4 cups. Leave all the rest as is. For the smaller Recipe you will fill about 12 Coquilles instead of 17

SHRIMPS AND IMITATION CRAB MEAT OR LOBSTER TAILS PREPARATION

.908 g or .454 for a smaller Recipe. Medium Shrimps precooked and cut in small pieces.

.454 g Imitation Crab Meat cut in small pieces or (4 Lobster's Tails precooked and cut in small pieces).

Pre cut the Shrimps and removes the tails and cut the Crab Meat or the Lobster Tails and dip every thing in cold water and put away in the fridge for now. They will be added to the Recipe later once the Sauce will be done.

PREPARATION OF THE CHEESE.

.3 Kg of grated Mozzarella Cheese.

.2 kg of grated Cheddar Cheese. Use a mix of about 70% Mozzarella and 30% Cheddar

4 Table Spoons of Grated Parmesan Cheese.

Pre cut and Grate all the cheese, mix well all together and place in the fridge for now.

THICKENING AGENT

½ Cup of white all purpose flour.

1 Cup of Water.

Pre mix the flour and the water above and put aside for now. This will be used later to thicken the sauce. Mix well again just before mixing it into the sauce.

WHITE SAUCE PREPARATION

5 Table Spoons of Butter or (Margarine)

1 Yellow Onion (medium) cut in small pieces.

2 Celery Branches cut in small pieces.

1 Table Spoon of White all Purpose Flour.

Brown the Onions and the Celery in the butter at maximum heat and cook long enough to reduce and remove as much water as possible then bring the heat down to medium and add 1 Table Spoon of Flour while stirring well until well thicken then go down to the next step.

SAUCE SEASONINGS.

- 4 Cups of Milk, or 3 Cups for a smaller Recipe.
- 1 Table Spoon of Yellow Corn Meal, (in powder)
- ¼ Tea Spoon of Ground Black Pepper.
- 1 Pinch of Ground Sage.
- 1 Pinch of Ground Savory.
- ½ Tea Spoon of Garlic Powder (Not Garlic Salt)
- ½ Tea Spoon of Salt.
- ½ Tea Spoon of Chicken Base Powder.

Mix of ½ Cup of Flour and 1 Cup of Water.



When the mix becomes too thick and sticks to the bottom of the pot add 2 Cups of Milk and mix well. While the liquid starts to boil again add all others above seasonings and always continue to stir the sauce briskly and add the remaining Milk. Bring back to a gentle boil and pour in **very slowly** the (water Flour mix) that you prepared earlier. Stir the mix before you start to pour it into the Sauce. Keep stirring the sauce briskly while pouring the water flour mix slowly to thicken the sauce.

After adding the water flour mix the sauce should be getting close to its intended thickness so now you can add the Shrimps and the Crab meat. Drain all the water out and strain well before inserting them into the sauce. Bring down the heat to medium and stir well for another 10 minutes. Then shut off the heat and start pouring the sauce in the containers, either Ceramics Coquilles (see photo) or the aluminum tarts containers. **DO NOT OVERFILL, leave some space since that you still have to put some cheese on top of the sauce and if you put too much sauce and cheese they will spill all over your oven. Only fill the sauce to about ½ inch from the top and then when adding the cheese leave about ¼ inch of space from the top of the containers.**

Now you can powder some Parsley on top of the containers, and don't put too much this is more for the look then for the taste. Personally on the photo you will see that I put way too much. Put only 1/8 of that and it will be just fine. Too much Parsley won't leave a good taste in your mouth when you eat the cheese.

Place some aluminum on your oven grill just in case of spilling and leave some space open around the grill to let the heat go up in the oven. **Pre heat the oven at 300 degrees F,** and cook the Coquilles for about **20 to 30 minutes** or until you see that the cheese start to have a golden color and remove them before the Cheese starts to burn. Be aware that the cheese can start to burn very quickly.

When ready pull out of the oven and serve immediately. For freezing after the cool down, cover the Coquilles or aluminum plates with cellophane paper and freeze.

The Coquilles St. Jacques is a great Appetizer when served with a Seafood Dish.

BON APPÉTIT.