

Crayfish Mornay

Sam Leong, 2010

Preparation and cook time: 45mins

Ingredients:

- Crayfish – 2, halved
- Dry white wine
- Butter – 125g
- Milk – ½ cup
- Dill (or chives) – 2 tsp
- Potato starch (or cornstarch) – 2 tbs
- Cheddar cheese – 1 cup
- Gruyere cheese – 1 cup
- Parmesan cheese – 2 tbs



Method:

1. In a large pot, boil enough water to completely submerge crayfish.
2. Add to pot 1 glass wine per 2 litres of water.
3. Wash crayfish and submerge in boiling water, cover.
4. Grate the cheese and combine in a mixing bowl.
 - *At this point, turn on the grill.*
5. In a small saucepan, melt the butter and add milk. Stir continuously over low heat.
6. When butter is fully melted, add dill and cornstarch.
 - *Tip: add a little water to the cornstarch in a small bowl and use your fingers to create a paste. This helps to evenly spread the starch throughout the sauce and eliminates lumps.*
7. Turn the flame off and let the sauce sit.
8. Meanwhile, take the crayfish out of the water and pat dry with a paper towel. Place on a foil-lined baking tray, flesh side up.
9. Pour sauce onto the crayfish flesh, and cover completely with mixed cheese.
10. Place under the grill for 10-15mins and then serve.