

SEAFOOD STUFFED PASTA WITH BÉCHAMEL AND SAFFRON



Serves 4



5 minutes



1 Mibrasa casserole dish

INGREDIENTS

12 sheets of wonton wraps
2 onions
1 carrot
6 prawns
1/4 lb monkfish tail
1 sprig rosemary
Salt

Béchamel saffron Sauce
2 tbs butter
1/3 c flour
2 c milk
1/2 tsp saffron threads
Salt
Pepper

Dish accompaniments
Caramelized onion
American sauce

METHOD

- Cut the onion into julienne and lightly fry in a Mibrasa casserole dish with a sprig of rosemary (optional). Add carrot chopped into brunoise and cook together for 2 minutes. Add a pinch of salt, stir and cook for another minute.
- Cut the monkfish tail and prawns into small cubes. Remove the vegetables from the oven and add the seafood cubes to the mix. Stir well to allow the seafood to cook using the residual heat from the casserole dish and keep stirring to allow the flavors to set in and then add béchamel.
- Bring water to the boil in a casserole dish and hydrate the pasta sheets for 30 seconds. Stop the cooking process by placing in a bowl with ice. Remove from the bowl, stretch the sheets out and lay on a plate with a drizzle of oil to prevent it from sticking. Fill the sheets with the chilled seafood mix and make squared parcels. Set them aside and heat the raviolis when the order comes in.
- Serve three raviolis per dish in an elongated plate on a base of American sauce, and top with caramelized onion.
- Note: For the béchamel sauce, make a roux with the flour and butter. Melt butter and then add flour. Cook over a low heat for about 3 minutes. Slowly add saffron-infused milk. Stir and cook until the mixture thickens. Add salt to taste.

