

Pancake Day - Seafood Pancakes



(Image: The Telegraph)

Serves 4

Ingredients

For the pancakes

- 100g/3½oz plain flour, sifted
- pinch salt
- 2 free-range eggs
- 200ml/7fl oz full-fat milk
- 50g/1¾ oz melted butter
- oil, for frying

For the sauce

- 125g/4½oz unsalted butter
- 75g/2¾ oz plain flour
- 1 litre/1¾ pints full-fat milk, warmed
- salt and freshly ground black pepper
- pinch grated nutmeg
- 1 lemon, zest only
- 500g/1lb 2oz assorted raw fish and shellfish, according to season (ideally salmon, prawns, whiting/cod)
- 1 tbsp chopped fresh tarragon
- 12 plum tomatoes, skinned, chopped

For the topping

- 50g/2oz grated parmesan
- 50g/2oz breadcrumbs
- 25g/1oz unsalted butter
- green vegetables to serve

Tried this Recipe? [Tweet us your comments or photos to @FishmongersFR](#)

Veasey & Sons Favourite Recipes

Method

1. For the pancakes, place the flour and salt into a bowl. Make a well in the centre and break the eggs into it.
2. Gradually whisk in the milk and 75ml/2¾fl oz water until smooth. Whisk in the melted butter until well combined.
3. Heat a little oil in a 18cm/7in frying pan until hot, then reduce the heat to medium. Spoon about 60ml/2fl oz of batter into the pan, and swirl it around to get an even covering.
4. After about 30 seconds, turn the pancake over using a fish slice, or flip the pancake in a swift motion. Cook for a further 25-30 seconds, remove the pancake from the pan and set aside. Cook the remaining batter and place greaseproof paper in between each pancake. (You should make about eight pancakes.)
5. For the sauce, melt the butter in a saucepan, then add the flour and stir for 2-3 minutes. Gradually whisk in the milk. Season to taste with salt and freshly ground black pepper. Add the nutmeg and lemon zest, and whisk until well combined. Cook the sauce for another five minutes, then fold in the fish, take off heat. Add the tarragon and tomatoes.
6. Remove the pan from the heat and spoon a little seafood mixture into each pancake, roll them up and place into a baking dish.
7. Meanwhile preheat the oven to 180C/350F/Gas 4
8. For the topping, mix the parmesan, bread crumbs and butter together in a bowl until well combined. Sprinkle the mixture on top of the pancakes and bake for 8-10 minutes, or until golden-brown.
9. Serve with steamed fresh green vegetables.

This recipe is from BBC Food - [Seafood Pancakes by Simon Rimmer](#)

Tried this Recipe? [Tweet us your comments or photos to @FishmongersFR](#)