

Prawn and Salmon Crêpes



Serves 4

Prep 15 mins

Cooking 35 mins

Easy

Ingredients

For the pancakes

125g plain flour
300ml milk
1 tbsp oil
pinch of salt
1 egg

For the filling

50g butter
1/2 onion, finely chopped
2 small cooked salmon fillets
2 tbsp flour
300ml milk
250g peeled prawns
1 tbsp parsley
salt & pepper
1 tbsp grated Parmesan

1. Place the batter ingredients in the blender and blend on maximum speed for 30 seconds.
2. Heat a 15cm omelette pan and add a few drops of oil. Pour in 1 tbsp of the batter and tilt the pan to coat the bottom evenly. Cook until the underside is brown, then turn and cook for 30 seconds. Repeat with the remaining batter, stacking the pancakes as they are cooked.
3. To make the filling: melt half the butter in a pan, add the onion and cook for 3 minutes, then stir in the flour. Gradually stir in the milk and cook, stirring until thickened. Mix in the prawns, the flaked cooked salmon and parsley and add salt & pepper to taste.
4. Divide the filling between the pancakes, roll up and place in a shallow proof dish. Dot with the remaining butter and sprinkle with the cheese. Cook in a preheated moderately hot oven: 190C/ Fan 170C/ Gas 5, for 15 minutes.