

CRAYFISH THERMIDOR

While the classic thermidor is made from Boston lobster, the local crayfish makes a tasty substitute as well.

Serves 4

INGREDIENTS

- 100 ml heavy cream
- 100 g Mozzarella cheese, finely grated
- 50 g Parmesan cheese, grated
- 2 Tbsp spring onions, finely chopped
- 4 crayfish (about a 1 kg in total), scrubbed clean and split lengthwise
- Ground black pepper, to taste

METHOD

1. In a mixing bowl, mix heavy cream, cheeses and spring onions well.
2. Place all crayfish halves in a tray and then stuff head and body cavity with cream and cheese mixture.
3. Preheat oven to 250 ° C for 15 minutes. Place crayfish tray in the preheated oven, and grill on high for 10-15 minutes. Crayfish are done when the shells colour and the cheese mixture turns bubbly and golden brown. Season with ground black pepper and serve hot.

