

Seafood Pot Pie

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 40 mins

Description

This pot pie is loaded with tons of beautiful seafood perfect for special occasions for people you love You can adjust the type and quantity of the seafood in this to suit your tastes and preferences just stay within the same overall amount used here eg use all fish or all shellfish or any combo you like

Ingredients

- - ½ cup unsalted butter - 1 ½ cups thinly sliced yellow onion - 1 cup thinly sliced fennel - 1 cup thinly sliced celery - 1 cup thinly sliced carrots - ½ cup all-purpose flour - ½ cup dry white wine - 3 cups fish stock - ¼ cup heavy cream
- divided - 1 tablespoon kosher salt - ½ teaspoon ground black pepper - 1 (8 ounce) fillet halibut
- skin removed
- cut into 1-inch pieces - ½ pound sea scallops
- halved horizontally - ½ pound peeled and deveined medium shrimp - 1 pound jumbo lump crabmeat
- picked over - 1 cup frozen green peas - 2 tablespoons chopped fresh parsley
- plus more for garnish - 1 large egg
- lightly beaten - 1 (17.3 ounce) package frozen puff pastry sheets
- thawed

Instructions

1. Melt butter in a large saucepan over medium-high heat. Add onion
2. fennel
3. celery
4. and carrots; cook
5. stirring often
6. until vegetables are softened and onion is translucent
7. about 8 minutes. Add flour and stir to coat vegetables well
8. stirring for 1 minute. Add wine
9. and stir until wine has evaporated and mixture creates a slurry
10. about 15 seconds. Add fish stock and 3 tablespoons cream
11. stirring until mixture thickens into a creamy sauce
12. about 5 minutes. Season with salt and pepper
13. then gently fold in seafood
14. green peas and parsley. Reduce heat to medium-low
15. and
16. gently stirring often
17. bring mixture to a low simmer until sauce is warm again but the seafood will not be completely cooked through
18. about 6-8 minutes. Ladle 2 cups mixture into each of 5 (18- to 20-ounce) ungreased ramekins or ovenproof bowls. Place bowls on a foil-lined rimmed baking sheet. Preheat oven to 375 degrees F (190 degrees C). Place an oven rack in middle position. Whisk egg and remaining 1 tablespoon heavy cream in a small bowl. Place defrosted puff pastry sheets on a lightly floured work surface. Roll each sheet into a 13" x 13" square and cut each square into quarters. Discard any extra pastry. Place a square of pastry over each bowl
19. decoratively folding corners in to fit the bowl
20. and brush the top with egg wash. Use the tip of a knife to create 3 small slits in the center of the pastry to allow steam to vent during cooking. You may place chopped fennel fronds or parsley leaves on the top of the pastry
21. lightly pressing leaves onto the pastry in the egg wash to adhere. Place baking sheet with individual portions in the preheated oven and bake until pastry is golden browned and filling is hot and bubbly
22. about 40 minutes. Let cool 10 minutes before serving. Cook's Note You can use clam juice instead of fish stock. Please note that this amount of filling could be used to fill a 9x13-inch baking dish and could be covered with the same amount of puff pastry
23. without cutting into squares
24. and would be the same thing
25. only bigger. The cook time would be adjusted slightly to cook the pastry to the same amount of golden browned doneness
26. maybe a few minutes more overall.