



Quenelles de Brochet à la Sauce Nantua

(Lyon Pike Quenelles with Crayfish Sauce)

Serves: 4–6

Prep Time: 1 hour

Cooking Time: 35–40 minutes

Difficulty: Intermediate (but very rewarding!)



Ingredients

For the quenelles

- 300g (10 oz) pike fillet, skinless, boneless
- 100ml (3.5 oz) milk
- 80g (2.8 oz) butter
- 100g (3.5 oz) flour (for the panade)
- 3 eggs
- Salt, white pepper, grated nutmeg
- Optional: 1 tbsp crème fraîche or a splash of cream
- Ice cubes or cold water (for shaping)

For the

sauce Nantua

- 500ml (2 cups) whole milk

- 200ml ($\frac{3}{4}$ cup) fish or crayfish stock
 - 2 tbsp butter
 - 2 tbsp flour (for roux)
 - 150g (5 oz) crayfish tails, finely chopped (or prawn substitute)
 - 1 tbsp tomato paste
 - Splash of cognac or dry white wine
 - Salt, pepper, cayenne or Espelette pepper
-

Instructions

♦ 1. Make the panade base for quenelles:

1. Heat milk and butter in a saucepan until just simmering.
2. Off heat, stir in the flour all at once. Return to low heat and stir vigorously until the dough pulls away from the sides — like choux pastry. Cook 2–3 minutes to dry it a little.
3. Let cool slightly.

♦ 2. Prepare the quenelle mixture:

1. In a food processor, pulse the pike fillet with the panade until smooth.
2. Add eggs one at a time, blending after each. The mixture should be firm but silky. Season generously with salt, white pepper, and nutmeg. (Add a splash of cream if too thick.)
3. Chill the mixture 30 minutes.

♦ 3. Shape the quenelles:

1. Using two spoons (or moistened hands), form oval shapes.
2. Poach gently in barely simmering salted water for 10 minutes until they puff slightly and float.
3. Remove with a slotted spoon and set aside.

♦ **4. Make the
sauce Nantua**

:

1. In a saucepan, make a light roux with butter and flour. Cook 2–3 minutes without browning.
2. Gradually whisk in warm milk and stock. Simmer until smooth and thickened.
3. Stir in tomato paste, crayfish tails, and cognac/wine. Simmer gently 10 minutes.
4. Adjust seasoning: salt, pepper, cayenne to taste. Blend sauce if smoother texture is preferred.

♦ **5. Assemble and bake:**

1. Preheat oven

Certainly! Here's the classic Galette de Sarrasin Complète recipe — a traditional savory buckwheat crepe from Brittany, filled with ham, egg, and cheese. It's rustic, hearty, gluten-free, and beloved across France.