

Salmon Mornay

INGREDIENTS

- 1 (415 g) can canned red salmon, drained
 - 45g butter
 - 1/2 cup plain flour
 - Salt and pepper, to taste
 - 600ml milk
 - 1/2 lemon, juice and zest of
 - 1 pickle, sliced (optional)
 - 3 shallots, chopped (green onions)
 - 1/2 tablespoon mayonnaise
 - 1 egg, beaten
 - 1/2 cup cheese, sharp grated
 - 1/2 cup breadcrumbs, soft
 - 1/2 tablespoon butter, melted
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METHOD

1. Melt butter, add flour, salt and pepper and cook approximately 1 minute.
 2. Add milk and stir constantly until it boils and thickens, add other ingredients, other than breadcrumbs and melted butter.
 3. Pour into casserole dish and top with buttered breadcrumbs (breadcrumbs mixed with melted butter).
 4. Place in moderate oven 180 deg C (350 deg F) until Mornay is heated through and breadcrumbs are golden brown, approximately 25mins.
 5. Serve with rice.
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