

SHRIMP AND MUSHROOM CUPS

Ingredients:

6 puff pastry shells¹
2 Tbsp. oil
2 Tbsp. butter
1/2 lb. mushrooms, cut into small pieces
1/2 lb. shrimp, minced if they are large
1 small onion, minced
3 Tbsp. minced parsley
1/2 tsp. salt
1/4 tsp. pepper

2 Tbsp. butter
2 Tbsp. flour
1 cup hot milk
8 oz. grated cheese

Pastry Shells

Bake the shells in a hot oven as directed on the package. Let them cool and carefully clean out the inside while saving the top. They can be put back in the oven for an hour after it has been turned off but it still warm to dry out the pastry shells.

Stuffing

Heat the oil and butter² and saute the onion with the parsley. Add the mushrooms and cook for 5-6 min. Salt and pepper to taste. Add the shrimp and cook another 4-5 min. until the shrimp are pink.

Béchamel Sauce

Melt the butter in a saucepan. Add the flour and cook 1-2 min. until the mixture pulls away from the sides of the pan. Beat in the hot milk and continue to mix until the sauce thickens. Combine the hot Béchamel sauce, the mushrooms, and the cheese and fill the pastry shells with this mixture. Reheat the shells by putting them in the oven for 4-5 min. in a 350-degree oven just before serving. Serves 6.

ACTIVITIES

1. Imagine other stuffings that you could put in pastry shells.
2. Which meat or seafood could you substitute for the shrimp.
3. Imagine desserts that could be made by filling pastry shells.
4. What different kinds of mushrooms can you find in the supermarket? Look on-line for the French names.
5. Find a recipe for bouchées à la reine. How is it different from this recipe?

Notes

¹ You can buy puff pastry shells frozen. It is rather difficult to make a good puff pastry, but if you want to, you can prepare it and cut out individual shells with cookie cutters.

² Butter gives more taste but burns at a low temperature. Adding oil permits cooking at higher temperature while keeping the taste of butter.