

Haddock Mornay



{A creamy cheddar sauce lavished over seasoned Haddock and topped with a Panko Crumb topping and Baked to perfection}

Ingredients:

2 medium sized Haddocks

Salt & pepper to taste

1 glove garlic, freshly pounded

2 cups White Cheddar Cheese

250 ml Fresh Cream

2 Tbsp Flour

3 Tbsp Boiling Water

Panko Crumbs

Additional White Cheddar Grated

Olive Oil

Chopped coriander for garnish

Method:

Lightly season your fish with salt and pepper and smear light olive oil & garlic

Layer in an oven proof dish and set aside

In a saucepan, heat the fresh cream until it begins to come to the boil, add in grated cheese and allow to melt through, stirring continuously

In a small bowl, combine the flour and water and mix well

Pour flour mix into the sauce and season with salt and pepper until the sauce thickens

Remove from heat

Pour lavishly over your fish

Top with Panko crumbs and grated cheese and bake in a preheated oven at 180 degrees for 25 minutes,

Allow to grill until golden

Serve Hot