

# SHRIMP THERMIDOR



**READY IN:** 30 mins

**SERVES:** 6

## INGREDIENTS

- 1- 1 ½ lb shrimp
- 3 tablespoons minced shallots or 3 tablespoons scallions
- ¼ - ½ cup chopped mushrooms
- 6 tablespoons butter
- 6 tablespoons flour
- ¾ teaspoon salt
- ¼ teaspoon mustard powder
- 1 pinch cayenne pepper
- 1 cup milk
- ⅓ cup grated parmesan cheese and/or Mozzarella

## DIRECTIONS

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- Preheat oven to 425 degrees F.
- Melt the butter in pan and stir fry shallots until limp.
- Add chopped mushrooms. Cook for approx 1 minute.
- Add flour, salt, mustard and pinch cayenne pepper, stir until blended.
- Add the milk and heat, stirring constantly until smooth and thickened.
- Add desired amount of shrimp.
- Remove pan from heat.
- Spoon mixture into 6 individual ungreased dishes or a shallow casserole dish.
- Sprinkle with Parmesan.
- Bake uncovered 10-15 minutes, until hot but not boiling.
- Broil 6" from heat for 1-2 minutes to brown.