Avocado and Shrimp “Pot de crème”

Serves 4

Ingredients

100 ml milk

1 tablespoon flour

1 gelatine leaf soaked in water

60 ml (¼ cup) cream cheese at room temperature

125 ml (½ cup) semi-whipped cream

Salt and pepper to taste

2 avocados

Juice of 1 lime and its zest

12 medium cooked and drained shrimp, cut into small pieces

1 tablespoon chopped dill

Preparation

1. In a pot, blend the milk and flour, then heat the mixture until it thickens. Add the gelatine leaf that has been soaked beforehand. Pour the milk, flour and gelatine mixture into a blender and blend with the cream cheese. Place in a bowl and set aside until the mixture cools to room temperature.
2. Once the mixture is at room temperature, add the semi-

Chef’s Tip

Leave the lime at room temperature to draw as much juice as possible from it.

Credit

Laurent Godbout

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whipped cream and season.

3. Cube the avocados in a bowl, and drizzle in the lime juice and zest. Stir the shrimp into the mixture. Pour the contents into the bowl with the cream cheese mixture, and add the dill.

4. Divide the mixture into ramequins and refrigerate for 2 hours. Garnish with fresh zest.