

Caramelized scallops on a spinach and parsley puree, maple bacon cubes, sweet potatoes barleyotto

Recipe for 4

Description

One side pan seared scallop flamed with local Gin.

Note

Make sure your risotto or barleyotto is properly al dente cooked before adding the butter and the cheese. Once you add them you re not suppose to put back the mix on heat.

Ingredients

Scallops

- 8 Unit(s) Giant scallop (u12)
- 1 Oz Canopée gin
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Glazed bacon

- 250 Gr Bacon
- 100 Ml Maple syrup
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Parsley and spinach puree

- 5 Sprig(s) Flat parsley
- 300 Gr Spinaches
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Sweet potatoes barleyotto

- 300 Gr Pearled barley
- 200 Ml White wine
- 1 Liter(s) Fish stock
- 2 Unit(s) Onion
- 2 Clove(s) Chopped garlic
- 1 Unit(s) Sweet potatoes
- 2 Sprig(s) Sage
- 50 Gr Grated parmesan
- 1 Tbsp Butter
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **oven** at **375 F°**

Prep

Remove the little white muscle on the side of the scallop if still there, Rinse and put aside on a paper towel.

Rinse and remove the leaves of the parsley and spinach.

Peel and chop the garlic.

Cisel the onion and the sage.

Warm the fish stock.

Peel and dice the potatoes.

Grate the Parmesan cheese.

Dice the bacon in 1 inch cubes.

Scallops

In a hot skillet with oil and a knob of butter sear the scallops on one side only. Do not touch them until they are well caramelized. Season with salt and pepper. Once they unstick on their own they are ready. Once done, add the gin and flambée until the alcohol has burned off. Set aside.

When ready to serve, flash in the oven for 3-4 minutes.

Parsley and spinach puree

Blanch in boiling salted water the parsley and the spinach. Drain and cool down in ice cold water.

Drain, squeeze and put aside on a kichen linen.

Mix in a blender with olive oil, salt and pepper.

Warm the puree in the microwave before serving.

Glazed bacon

In a hot skillet, sear the bacon cubes until brown on each side.

Splash with maple syrup and mix in the cubes in syrup.

Season with pepper, bake in the oven for 5 minutes.

Sweet potatoes barleyotto

In a hot skillet with some oil, brown the potatoes.

Add a spoon of butter and bake in the oven for 15 minutes.

In a hot skillet with oil, sweat the onions and the barley for 2 minutes. Deglaze with white wine.

Add the stock slowly and mix well with a wooden spoon for about 20 minutes.

Remove from heat, add garlic, butter, sage and Parmesan and mix well.

Montage

In a bowl, pour a nice quantity of puree. Then a large spoon of barleyotto, scallops and glazed bacon.

Cover with maple sauce and young sprouts.

Bon appétit!