

Giants scallops, creamy risotto and sour sauce spiced with Maille honey and Modena balsamic vinegar mustard

Recipe for 4 persons



Description

Pan seared scallops, with a simple and traditional risotto, serve with a sweet and sour sauce jazzed up with Maille honey and Modena balsamic vinegar mustard.

Note

The Maille brand is offering a lot of mustard choices, so don't have any hesitations switching for another type of mustard to change the flavor of the dish.

Ingredients

For the scallops

- 12 Unit(s) Giant scallop (u10)
- Salt and pepper
- Olive oil

For the risotto

- 200 Gr Arborio rice
- 1 Unit(s) White onion
- 200 Ml White wine
- 1 Liter(s) Fish stock
- 50 Gr Parmigiano reggiano
- 100 Ml Cream 35%
- 3 Sprig(s) Thyme
- 1 Unit(s) Lemon juice

- Salt and pepper
- Olive oil

For the sauce

- 2 Unit(s) Shallot
- 150 Ml Balsamic vinegar
- 150 Ml Veal demi-glace
- 30 Ml Maille honey and modena balsamic vinegar mustard

- Salt and pepper

- Olive oil

Preparation

- Preparation time **45 mins**

For the preparations

Cut the onion and the shallots finely. Chop the thyme finely. Warm the fish stock. Grate the parmeggiano.

For the scallops

Season with salt and Pepper. In a hot pan with vegetable oil, sear the scallops on one side only, after a minute add a little bit of butter and cook it for one minute more on the same side. Reserve on a cookie sheet with parchment paper.

For the risotto

In a hot pan with olive oil, sweat the onion (it will become soft and translucent), add the thyme and the rice and stir it until the rice becomes translucent. Cover the rice with the white wine and cook it until it's absorbed, add some fish stock to cover and let it cook until it's absorbed, add more fish stock until rice is cooked. Add the parmeggiano, the cream and the lemon juice. Let the risotto rest in a warm place for a few minutes until the cheese is melted and the cream absorbed.

For the sauce

In a hot pan, sweat the shallots in a little bit of vegetable oil until they are soft and translucent, deglaze with the balsamic vinegar, reduce it until you get a syrupy consistency, add the veal stock and cook it until sauce like consistency. Remove from the stove and add the Maille honey and Modena balsamic vinegar mustard.

For the plating

Put the scallops in the oven for 3 minutes just enough to heat them through. In a plate, put a couple spoons of risotto in the middle of the plate, the scallops on the top, and the sauce around. Put some fresh herb for the decoration.

Bon appétit!