

Scallops with saffron, green apple sauce and julienne

Recipe for 4 persons

Description

Seared scallops on one side only with a white wine sauce flavored with saffron and served on a warm compote of green apple and a julienne of raw apple.

Note

Use a Chinese mandolin to create a a very thin julienne.

Ingredients

For the scallops and apples

- 8 Unit(s) Giant scallop (u10)
- 4 Unit(s) Granny smith apple
- 15 Ml Lemon juice
- 15 Ml Water

- Vegetable oil
- Salt and pepper
- Butter

For the saffron sauce

- 2 Unit(s) Shallot
- 125 Ml White wine
- 125 Ml Cream 35%
- 1 Pinch(es) Saffron

- Vegetable oil
- Salt and pepper
- Butter

Preparation

- Preparation time **30 mins**

General preparation

Peel two apples and cut into cubes. Cut the two remaining apples into julienne and sprinkle them with lemon juice to prevent oxidation. Finely chop the shallots.

Compote preparation

In a saucepan, cook the apple cubes over low heat with a little water. Add the butter and cook until you get a compote texture. Blend with a hand mixer.

Saffron sauce preparation

Infuse the saffron in a small amount of warm water. In a saucepan, combine the chopped shallots and white wine, and warm it up on medium heat. Let the liquid reduce by two thirds and then add the cream and saffron infusion.

Scallops preparation

Season the scallops. In a hot pan, drizzle with vegetable oil and place the scallops in the pan. Cook for a few minutes to obtain a golden coloration, then add a knob of butter. Spoon the foamy butter constantly on your scallops. Turn them over and remove from heat.

To serve

Place two scallops per plate, each one on a tablespoon of applesauce. Drizzle the saffron sauce all around and decorate with the julienne apples.

Bon appétit!