

Beet juice and lemon zest risotto, caramelized scallops, chive beurre blanc butter sauce

Recipe for 4 persons



Description

A bright purple risotto, served in a sombrero plate, garnished with caramelized scallops and a chive beurre blanc.

Note

Make sure to remove the nerve from your scallops as the texture is unpleasant.

Make sure that when you make the beurre blanc that the temperature doesn't go too high while you are incorporating the butter.

Ingredients

Beet stock

- 800 Gr Red beets
- 500 Ml Vegetable stock
- Vegetable oil
- Salt and pepper
- Butter

Risotto

- 50 Gr Olive oil
- 1 Unit(s) Onion
- 1 Sprig(s) Thyme
- 500 Gr Arborio rice
- 150 Ml White wine
- 2 Clove(s) Chopped garlic
- 1250 Ml Beetroot stock
- 10 Sprig(s) Chives
- 1 Unit(s) Lemon
- 30 Gr Butter
- 1 Unit(s) Onion
- Vegetable oil
- Salt and pepper
- Butter

Scallops

- 8 Unit(s) Giant scallop (u10)

Chive Beurre blanc

- 75 Ml Fish fumet stock base

- Vegetable oil
- Salt and pepper
- Butter
- 75 Ml White wine
- 30 Ml White balsamic vinegar
- 1 Unit(s) French shallot
- 2.50 Gr Fresh ground black pepper
- 375 Gr Salted butter
- 0.50 Bunch(es) Chives
- Vegetable oil
- Salt and pepper
- Butter

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **425 F°**

Plating

In a sombrero style plate, place a nice ladle risotto. Garnish with the caramelized scallops and the chive beurre blanc sauce.

Chive beurre blanc

In a sauce pot, bring the wine, fish stock, vinegar, shallots, salt and pepper to a boil. Reduce this until almost fully evaporated. At this point you could strain out the shallots if you don't want the texture.

On low heat, in small amounts, add the butter while whisking constantly. Make sure not to bring it to a boil. Adjust seasoning if necessary and add the chives right before serving.

Scallops

Season the scallops with salt and pepper on both sides. In a hot skillet with a little oil and butter, sear the scallops for about 1 minute on each side, lower the heat and then let them finish cooking for about 3 minutes.

Risotto

In a sauce pot with a bit of olive oil, sweat the onions with the thyme, add the rice and then stir gently to make sure all of the rice is coated with oil. Add the white wine and cook until almost completely evaporated. Next, add the beet stock to cover the rice, continue cooking until the liquid is almost all gone, and then repeat this process until the rice is cooked.

When ready to serve, finish the risotto by adding the butter and cheese.

Beet stock

In a blender, place the beet cubes as well as the vegetable stock. Blend for quite some time, until you see that the liquid no longer has any chunks.

Preparation

Peel the beets and then cut them into little cubes. Make a vegetable stock.

Finely slice the onions and shallots. Remove the thyme leaves from the branches.

Cut the butter into little cubes.

Make your fish stock and keep it warm.

Bon appétit!