

Caramelized scallop cassolette with mushrooms, Nantais butter sauce with fresh chives, bread tuile |

Recipe for 4 servings / 12 tapas

Description

In a nice little casserole, beautifully caramelized scallops on a bed of wild mushrooms. Drizzled with a rich nantais butter and fresh herb sauce.

Note

You can use any fish or seafood for a recipe like this, feel free to experiment!

Ingredients

Scallops

- 8 Unit(s) Scallops U15
- Butter
- Salt and pepper
- Vegetable oil

Wild mushrooms

- 125 Gr Button mushrooms
- 1 Large Portobello mushroom
- 125 Gr Oyster mushroom
- 2 Clove(s) Chopped garlic
- 6 Sprig(s) Chives

- Butter
- Salt and pepper
- Vegetable oil

Nantais butter sauce

- 2 Unit(s) Chopped shallot
- 100 Ml White balsamic vinegar
- 100 Ml White wine
- 150 Ml 35% cooking cream
- 1 Tsp Fish fumet stock base

- Butter
- Salt and pepper
- Vegetable oil

Bread tuile

- 160 Gr Water
- 60 Gr Olive oil
- 20 Gr Flour
- 1 Pinch(es) Salt

- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **40 mins**
- Preheat your **Oven** at **375 F°**

Scallops

Make sure to remove the nerve from each of the scallops. It gets very chewy once cooked.

In a hot skillet with a knob of butter and a drizzle of vegetable oil, sear the scallops on the side you

salted with fleur de sel. Make sure to get a nice caramelization and then transfer them to a baking sheet or pan.

Place in the oven for 3-4 minutes before serving.

Wild mushrooms

Clean the mushrooms and then slice them.

In a hot skillet with vegetable oil and butter, cook the mushrooms with a bit of salt and pepper.

Once the liquid has evaporated, the mushrooms will become a nice golden color.

Add the minced garlic and make sure the seasoning is ok.

Remove from the heat and add the chives.

Nantais butter sauce

Sweat the shallots with a knob of butter. Deglaze with white wine and add the balsamic vinegar and then reduce until almost dry. Add the cream and then bring to a boil and add the fish stock. Season to taste. Be careful if using prepared fish stock as it can be quite salty sometimes.

Bread tuile

Place all the ingredients in a bowl and blend using a hand blender (giraffe).

Strain into a pipette.

Heat a non-stick frying pan. Pour the equivalent of two tablespoons into the center of the pan and allow the liquid to evaporate.

Once the tile has solidified, remove it with a plastic spatula and place on absorbent paper.

Plating

In an individual bowl, small skillet or serving dish of your choice, place the mushrooms at the bottom. Next, place a scallop with the caramelized side up and drizzle generously with the sauce.

Garnish with a bit of finely sliced chives.

Bon appétit!