

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

Recipe for 4 portions

Description

Pan seared scallops, with a traditional way risotto, serve with a sour sauce spiced 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 one on this recipe.

Ingredients

Scallops

- 12 Unit(s) Giant scallop (u12)
- Salt and pepper
- Olive oil

Risotto

- 300 Gr Arborio rice
- 150 Gr Onion
- 200 Ml White wine
- 1 Liter(s) Fish stock
- 50 Gr Grated parmesan
- 100 Ml Cream 35%
- 3 Sprig(s) Thyme

- Salt and pepper
- Olive oil

Sauce

- 100 Gr Shallot
- 75 Ml Balsamic vinegar
- 100 Ml Veal demi-glace
- 30 Ml Honey mustard

- Salt and pepper
- Olive oil

Green vegetable

- 200 Gr Zucchini
- 12 Unit(s) Green asparagus
- 4 Handful(s) Spinaches

- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**

Preparation

Cut the onion and the shallots finely. Chop the thyme finely. Warm the fish fumet. Shred the parmesigiano.

Scallops

Put some salt and pepper around the scallops. In a hot pan with vegetable oil, sear the scallops on one side only, after a minute put a little bit of butter and cook it for one minute more. Reserve it on a baking tray with parchment paper.

Risotto

In a hot pan with olive oil, sweat the onion, add the thyme and the rice and sauté it in the olive oil. Cover the rice with the white wine and cook it until it's absorbed, cover with the fish stock and let it cook until it's absorbed, repeat it until the rice is cooked. Add the parmesan and the cream, keep it warm.

Sauce

In a hot sauce pan with a little bit of vegetable oil, sweat the shallots, deglaze with the balsamic vinegar, reduce it until you get a syrup, add the veal stock and cook it until consistency. Remove from the stove and add the honey mustard.

On the plate

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

Bon appétit!