

# Pan seared scallop, saffron and carrot coulis, baby spinach salad

**Recipe for 4 persons**

## **Description**

Unilateral pan-seared sea scallops served on a coulis of carrots flavored with saffron and fresh goat cheese and served with a few leaves of baby spinach dressed with white balsamic vinegar.

## **Note**

For very tender scallops, avoid at all costs to cook too long time, if not, their texture becomes rubbery.

## **Ingredients**

### For the saffron and carrot coulis

- 2 Unit(s) Carrot
- 2 Unit(s) Shallot
- 100 Ml White wine
- 300 Ml Vegetable stock
- 50 Gr Fresh goat cheese
- 1 Pinch(es) Saffron
  
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

### For the scallops

- 8 Unit(s) Giant scallop (u10)
  
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

### For the baby spinach

- 4 Handful(s) Baby spinach
- 15 Ml White balsamic vinegar
- 30 Ml Olive oil
  
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

## **Preparation**

- Preparation time **30 mins**

### Mise en place

Finely chop shallots. Cut the carrots into thin slices.

### Saffron and carrot coulis preparation

In a pan, drizzle some olive oil and saute the shallots. Add the carrots. Deglaze with white wine and reduce until total evaporation of the liquid. Cover with chicken broth and simmer 8-10 minutes. Using

a hand mixer, mix everything until you get a homogenous mixture. Season with salt and pepper to taste and add the goat cheese. Mix and set aside.

### Scallops preparation

Season the scallops with salt. In a non-stick skillet, drizzle some vegetable oil and sear the scallops on one side over high heat. Cook for 2-3 minutes until the scallops are golden. Add a knob of butter to facilitate the coloration. Place the scallops on a baking sheet and set aside. Just before serving, finish cooking in the oven 2-3 minutes.

### To serve

Coat the bottom of each plate with some carrot coulis and place the scallops on top. Garnish your scallops with a few leaves of baby spinach seasoned with salt and pepper as well as white balsamic vinegar and olive oil.

**Bon appétit!**