

Pan-seared scallops, sautéed oyster mushrooms and cumin carrot puree |

Recipe for 4 portions

Description

Caramelized scallops, served with sautéed mushrooms. the cumin will enhance the carrot purée which will go very well with the undergrowth garnish.

Note

The kind of mushroom may vary according to your tastes.

Ingredients

Scallops

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

Mushrooms

- 200 Gr Oyster mushroom
- 50 Gr Butter
- 50 Ml Canola oil
- 2 Clove(s) Chopped garlic
- Vegetable oil
- Salt and pepper
- Butter

Carrot puree

- 400 Gr Carrot
- 200 Ml Water
- 200 Ml Milk
- 3 Tbsp Cumin powder
- Vegetable oil
- Salt and pepper
- Butter

Toppings

- 1 Unit(s) Lemon zests
- 1 Unit(s) Lime zest(s)
- Vegetable oil
- Salt and pepper
- Butter

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

Prep

Remove the small muscle from the side of each scallop.

Separate each oyster mushroom well, cut the bases of them slightly to separate them.

Peel the carrots and cut them into small cubes. (brunette)

Scallops

In a skillet, melt the butter until it foams. Sear the scallops for 1 minute and 30 seconds on each side, the butter must be very hot.

Reserve them on an absorbent paper.

When serving, you can flash the scallops for a few seconds in a hot oven before serving them.

Mushrooms

Melt the butter and canola oil together until they foam, sear the oyster mushrooms for 5 minutes on each side to caramelize them well.

Add the garlic after the first 5 minutes.

Season with salt and pepper at the very end of cooking.

Carrot

Put the carrot brunoise in a saucepan with the water and milk, bring to a boil and cook until the carrot is completely cooked, about 30 minutes. Using a spider (or slotted spoon), take the carrot pieces only and put them in a Vitamix (Blender), add a little of the cooking liquid if necessary, then add the cumin, salt and pepper . Mix until you get a smooth texture.

On the plate

Make a nice comma with the carrot purée at the bottom of the plate, add the sautéed oyster mushrooms in the hollow of the comma, all crowned with our delicious scallops. With a fresh lemon and lime twist on top and some sprouts.

Bon appétit!