

Scallop ceviche with Asian flavored soba noodle salad

Recipe for 2

Description

A very accessible and fresh recipe.

Ingredients

Ceviche

- 6 Unit(s) Scallops U15
- 2 Unit(s) Lime
- 0.50 Tsp Roasted sesame oil

Garnish

- 1 Cup(s) Edamame (soybeans)
- 1 Unit(s) Carrot
- 1 Unit(s) Libanese cucumber
- 1 Clove(s) Chopped garlic
- 0.50 Tsp Ground ginger
- 1 Unit(s) Green onion

Soba noodles

- 115 Gr Soba noodles

Finishing touches

- 1 Tbsp Soy sauce
- 1 Tbsp Fries scallions

Preparation

- Preparation time **30.00 mins**
- Resting time **5.00 mins**

To prepare before class

Peel the carrot and clean the cucumber.

1 cutting board, 1 chef knife, 1 pairing knife, 1 pair of tongs, a couple bowls, 1 zester and 1 citrus press

Prep with the chef

Zest the lime and press them for their juice.

Cut the green onions in thin juliennes.

Chop the garlic.

Ceviche

Cut each scallop in 3 horizontaly and marinate them in the lime juice for 5 minutes in the fridge.

Noodles cooking process

In a boiling pot of salted water, put the noodles in for about 6 minutes.

Strain them keeping the cooking water, run them under cold water to avoid overcooking them.

Garnish

For the edamames, with the same water we used for the noodles, bring it back to a boil and cook the edamames for 5 minutes and then under cold water to freshen them up.

For the carrot, cut it in 2 or 3 pieces on it's width to make it easier to grate it finely with a cheese grater. Keep them in ice cold water.

For the cucumbers, we just need to cut them in small cubes called Brunoise.

Mix all these previous ingredients in a bowl and add the soya sauce, pepper and chopped garlic.

Dressing and finishing touches

In a bowl, drop in your soba noodles, a couple green onions and the fried shallots.

Mix gently and serve in a plate or bowl.

Gently put on the noodles the scallop ceviche, lime zests and green onions.

Finish with a splash of olive oil.

Bon appétit!