

Scallops, Portobello mushrooms with parsley, warm shallot vinaigrette

Recipe for 4 persons

Description

Scallops unilateral, Portobello mushrooms with parsley. Finish with a vinaigrette as a sauce.

Note

Make sure your beautiful coloring scallops when cooking. In this dish, seasoning plays a very important role. You can use mushrooms of your choice.

Ingredients

For the scallops

- 24 Unit(s) Giant scallop (u10)
- 45 Ml Olive oil
- 5 Gr Freshly ground black pepper
- 4 Gr Sea salt flakes

- Salt and pepper

For the mushrooms

- 12 Unit(s) Portobello mushroom
- 6 Sprig(s) Parsley
- 2 Unit(s) Chopped garlic
- 200 Ml Olive oil
- 2 Gr Sea salt flakes
- 5 Gr Freshly ground black pepper

- Salt and pepper

For the vinaigrette

- 2 Unit(s) Shallot
- 15 Ml Honey
- 15 Ml Maille dijon mustard
- 30 Ml White balsamic vinegar
- 60 Ml Olive oil

- Salt and pepper

Preparation

- Preparation time **30 mins**

Mise en place

Chop the parsley and garlic, brush the mushrooms and slice. Remove the scallops nerves if necessary. Chop your shallots finely.

Preparation for the scallops

Salt and pepper the scallops on both sides. In a hot pan with vegetable oil, sear the scallops on one side after a minute of cooking put a small knob of butter in the pan and cook a minute longer. Set aside on a baking sheet with parchment paper.

Preparation for the mushrooms

Cook the Portobello in olive oil. In a food processor, place in bowl and parsley coarsely chopped garlic, rotate the blade and add your olive oil simultaneously. Please note that the consistency should be creamy, not too liquid. When serving your hot mix mushrooms with parsley, adjust seasoning.

Preparation for the vinaigrette

In a small skillet, cook the shallots over medium heat in a vegetable oil net. Once the sweat shallots, add the balsamic vinegar and honey and cook on a low heat as long as the honey is dissolved. Remove from heat and using a hand blender, mix Dijon mustard Maille, then the vegetable oil and olive oil and mix mesh vigorously to emulsify the vinaigrette. Season with salt and pepper.

To serve

Place in the center of the plate a nest of Portobello in parsley, place your scallops over-polishing basting vinaigrette with shallots. Carefully place a little green decoration.

Bon appétit!