

Scallops roasted, cassoulet with pancetta and fresh parsley

Recipe for 4 persons

Description

Sea scallops seared and then roasted in the oven, served with a white bean stew, cassoulet style, and flavored with pancetta and fresh thyme as well as cherry tomatoes.

Note

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

Ingredients

For the cassoulet

- 8 Unit(s) Giant scallop (u10)
- 50 Gr Pancetta
- 1 Can(s) White beans (540ml)
- 1 Unit(s) Red onion
- 1 Clove(s) Garlic
- 1 Box(es) Cherry tomatoes
- 8 Sprig(s) Parsley
- 200 Ml White wine

- Olive oil
- Salt and pepper
- Butter

Preparation

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

General preparation

Remove the muscle from each scallop. Cut the pancetta into dice. Cut the cherry tomatoes in half. Cut red onion into cubes. Chop the garlic, parsley and thyme.

Cassoulet preparation

In a casserole dish, drizzle some olive oil and cook the diced pancetta over high heat for 3 minutes. Add the red onion and cook for 2 minutes, until it softens. Stir in the chopped garlic and fresh thyme. Continue cooking for 2 minutes then add the beans and white wine. Cook over low heat for 5-8 minutes. Turn off the heat and add the chopped parsley and a knob of butter. Finish by adjusting seasoning with salt and pepper and add the cherry tomatoes.

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

In a small casserole dish or in a bowl, serve the cassoulet with 2 scallops on top.

Bon appétit!