

Scallops white wine risotto, green asparagus cream and parmesan tile

Recipe for 4

Description

Classic recipe, simple ingredients, minimum effort for maximum flavors!

Note

When you pan-sear the scallops, you can add a knob of butter in the oil as it will help with the coloration of the scallops.

Ingredients

Risotto

- 200 Gr Arborio rice
- 1 Unit(s) White onion
- 4 Sprig(s) Thyme
- 200 Ml White wine
- 1 Liter(s) Fish stock
- 100 Gr Parmigiano reggiano
- 50 Ml Cream 35%

- Salt and pepper
- Vegetable oil
- Olive oil

Asparagus cream

- 0.50 Bunch(es) Green asparagus
- 250 Ml Chicken stock
- 50 Ml Cream 35%

- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **oven** at **400 F°**

Mise-en-place

Chop the thyme, finely cut the onion. Slice the asparagus in small chunks. Shred the parmesan for the tiles. Warm the fish stock.

Risotto

Scallops

- 20 Unit(s) Scallops

- Salt and pepper
- Vegetable oil
- Olive oil

Parmigiano tiles

- 50 Gr Parmigiano reggiano

- Salt and pepper
- Vegetable oil
- Olive oil

In a pan with olive oil, sweat the onions with the thyme, add the rice and roll it in the oil. Cook the white wine on medium heat until the wine is totally evaporated, cover the rice with the fumet, gradually, and cook everything until it's totally absorbed. Repeat it until the rice is fully cooked. Lay it on a baking tray and reserve.

Asparagus cream

Warm the chicken stock, add the asparagus and let it cook for 6 minutes until tender. Add the cream and make it smooth with the hand blender, salt and pepper.

Tiles

On a baking tray put a silpat or a parchment paper, put some cookies cutter, with a little bit of parmigiano inside, remove the cutter. Cook it in the oven until you get a nice golden brown coloration, 3-4mins. Reserve.

Scallops

In a hot pan with vegetable oil, pan-sear the scallops, until they have a nice golden brown color. Reserve them on a cooking tray.

Plating

In a pan with a generous amount of butter, warm the risotto, add the shredded parmigiano and the cream. At the same time put the scallops for a minute in the oven. In a big plate, put a couple spoons in the middle of the plate, three scallops on the top, a tile of parmigiano and a couple spoons of asparagus cream around.

Bon appétit!