

Seared scallops, carrot and safran coulis and baby spinach salad

Recipe for 4 persons

Description

A beautiful bed of baby spinach, served with sexy scallops and a sweet coulis.

Ingredients

Seared scallops and carrot coulis

- 4 Unit(s) Giant scallop (u10)
- 25 Ml Canola oil
- 1 Unit(s) French shallot
- 1 Unit(s) Carrot
- 65 Ml White wine
- 75 Gr Fresh goat cheese
- 125 Ml Chicken stock
- 5 Unit(s) Saffron pistil

Baby spinach salad

- 350 Gr Baby spinach salad
- 20 Ml Olive oil
- 15 Ml White balsamic vinegar

Preparation

- Preparation time **25 mins**

Carrot coulis

In a saucepan, pour a bit of olive oil and butter and sauté the shallots. Add the safran and the carrots. Deglaze with the white wine and let reduce half way. cover with chicken stock and let simmer for at least 10 minutes.

With a blender, blend all the ingredients together until nice and smooth. Season and add the goat cheese. Blend again. KEep on the counte ror in the fridge. This coulis can be served hot or cold.

Seared scallops

In your favorite pan, pour a bit of canola oil and butter and heat until a bit of smoke appears. At that moment, out your seasoned scallops in the pan and let them sear. After about 45 seconds on high heat, turn them over with a pair of tongs and turn off the heat. Serve after about 1 minute.

Baby spinach salad

In a bowl, mix the spinach with the olive oil and the balsamic vinegar, season to taste.

Plating

Start with a nice line of carrot coulis, continue with a couple spinach leaves and finish with your sexy scallops.

Bon appétit!