

# Seared Scallops, Coral Bolognese and Grilled Leeks

## Recipe for 4

### Description

An original and great way to eat fresh scallops, using the coral to make a delicious sauce.

### Ingredients

#### Scallop Bolognese

- 200 Gr Coral (scallops)
- 2 Unit(s) French shallot
- 2 Clove(s) Chopped garlic
- 1 Unit(s) Carrot
- 1 Leaf(ves) Bay leaf
- 300 Ml Vermouth (wine)
- 1.50 Liter(s) Fish stock
- 40 Gr Tomato paste
- 10 Leaf(ves) Basil
  
- Salt and pepper
- Vegetable oil
- Olive oil

#### Scallops

- 4 Unit(s) Giant scallop (u10)
  
- Salt and pepper
- Vegetable oil
- Olive oil

#### Leeks

- 2 Unit(s) Leek
  
- Salt and pepper
- Vegetable oil
- Olive oil

### Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **350 F°**

#### Preparation

Peel and mince the shallots and garlic.

Peel the carrots and cut them into tiny cubes (brunoise).

Prepare the fish stock and keep warm.

Pluck the basil leaves.

#### Scallop bolognese

In a hot sauce pot with oil, sweat the shallots for one minute. Add the garlic, bay leaf and carrot cubes. Cook on low heat while stirring gently for 3-4 minutes. Add the coral. Cook for another 2

minutes.

Next, add the tomato paste and cook for another 2 minutes. Deglaze with the vermouth and let reduce to remove the alcohol content and reduce the acidity. Add the fish stock and cook for another 4-5 minutes.

Si vous souhaitez une bolognaise plus épaisse, ajoutez-y un peu de fécule de maïs déliée dans de l'eau.

Vérifiez l'assaisonnement en sel et poivre.

### Scallops

Season each large surface of the scallops with sea salt. In a hot skillet with oil, sear the scallops for 30-40 seconds on each side, until nice and golden.

Make sure to do this step just before eating as you do not want to reheat the scallops for risk of overcooking and drying them out.

### Leeks

In a hot skillet with oil and a knob of butter, sauté the leeks. Once you have a nice coloration, transfer them to the oven for roughly 15 minutes or until cooked through. You can check if they are done with the point of a knife.

Season with salt and pepper.

### Plating

In the bottom of a deep plate, place a nice portion of the scallop sauce. Place a scallop on top. Garnish with the leek pieces. Add a nice crack of black pepper before serving.

**Bon appétit!**