

# Semi-seared scallops, tarragon pea mousseline, wild mushrooms, crunchy fennel

Recipe for 4 servings

## Description

An interesting recipe which allows you to work with many varying ingredients, while remaining in the anise flavour family.

## Ingredients

### Scallops

- 12 Unit(s) Giant scallop (u12)
- Salt and pepper
- Olive oil

### Mousseline

- 500 Ml Frozen green peas
- 1 Liter(s) Chicken stock
- 2 Sprig(s) Tarragon
- Salt and pepper
- Olive oil

### Wild mushrooms

- 150 Gr Shiitake mushroom
- 150 Gr Button mushrooms
- 150 Gr Portobello mushroom
- Salt and pepper
- Olive oil

### Crunchy fennel

- 1 Unit(s) Fennel
- Salt and pepper
- Olive oil

## Preparation

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

### Preparation

Assure that your scallops have been cleaned (remove the small band of muscle still attached). Prepare and heat your chicken stock (can also be replaced by a vegetable stock). Remove the tarragon leaves from the stem. Clean your mushrooms with a damp towel, if necessary, then chop them finely and keep them under a damp towel until ready to use. Clean the fennel, trim off the large stocks (while keeping a few fronds for garnish), then slice the bulb finely using an mandoline.

### Seared scallops

In a hot pat with oil, sear one side of each scallop to caramelize them and attain a nice colour. Finish them in the oven for two minutes just prior to serving.

### Pea mousseline

Cook the peas in your chicken stock (reserve a small handful of frozen ones). Drain them, reserving some chicken stock on the side, and mix them using a food processor. Add the tarragon, the remaining frozen peas, and a little bit of chicken stock to achieve the desired consistency.

### Wild mushrooms

In a hot pan with oil and a knob of butter, sautee the chopped mushrooms. Season the mushrooms with salt from the beginning, this will allow the mushrooms to release their juices from early on which will give a better colouration at the end. Sautee until nicely browned.

### Fennel

In a hot pan with oil, sautee the sliced fennel, season with salt and then drop the heat to low. Finish cooking until tender but still crunchy, then mix in the fronds right before serving. Season as necessary.

### Plating

In the bottom of your plate, arrange the fennel slices in a circular pattern, overlapping as needed. Place a good spoonful of the mousseline in the middle. Take the scallops out of the oven, place them nicely in the mousseline, seared side up, season to taste. Finally, finish with a small spoonful of mushrooms on the scallops, and the rest sprinkled over the rest of the dish.

**Bon appétit!**