

U10 scallop, tapioca with pear juice, reduction of shallots with cream

Recipe for 4 persons

Description

A dish full of flavor, with a nice contrast of freshness, crunch and creaminess.

Note

For gelatin, you will get the best result in terms of the gelifying power you added to the juice by making it the day before. Sometimes after 2 hours it seems alright but the next day it become too hard.

Ingredients

Pear juice

- 625 Gr Pear
- 1 Liter(s) Water
- 8 Gr Lemon juice

- Butter
- Vegetable oil
- Salt and pepper

Pear gel

- 150 Ml Pear juice
- 3 Leaf(ves) Gelatin

- Butter
- Vegetable oil
- Salt and pepper

Tapioca

- 150 Ml Water
- 25 Gr Tapioca pearls
- 75 Ml Pear juice
- 1 Pinch(es) Salt

- Butter
- Vegetable oil
- Salt and pepper

Shallot cream

- 100 Ml 35% cooking cream
- 3 Unit(s) Chopped shallot
- 4 Ml Xérès vinegar
- 4 Ml Apple cider vinegar

- Butter
- Vegetable oil
- Salt and pepper

Scallops

- 4 Unit(s) Giant scallop (u10)

- Butter
- Vegetable oil
- Salt and pepper

Plating

- 1 Unit(s) Anjou pear
- 4 Pinch(es) Sunflower sprout

- Butter
- Vegetable oil
- Salt and pepper

Preparation

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

Preparation

Peel and mince the shallots. Peel the pears and cut them into quarters. Set the pears aside in cold water with lemon juice so they don't oxidize.

Rehydrate the gelatin sheets in cold water. Once rehydrated, squeeze out the excess water before using.

Remove the nerve from the scallops or it will be quite chewy once cooked.

Pear juice

Pass the pears with some lemon juice in a juicer. Bring the juice to a boil and from time to time skim the surface to remove impurities.

Pear gel

Bring the pear juice to a boil and add the gelatin. Mix well to dissolve. Transfer the mixture to the right sized mold or dish and set aside in the fridge to let set. Minimum 2 hours,

All that is left is to cut nice cubes.

Tapioca

In a sauce pot bring salted water to a boil. Add the tapioca and cook for roughly 5 minutes. Strain and combine with pear juice in a bowl and transfer to the fridge, stirring occasionally.

Shallot cream

In a sauce pot on medium heat, sweat the shallot with a knob of butter. After roughly 2 minutes, deglaze with the vinegar and let reduce until almost completely evaporated. Add the cream, season to taste with salt and pepper and set aside. Keep warm.

Scallops

In a hot skillet with vegetable oil or canola oil, sear the scallops for roughly 1 minute on each side and then finish cooking them in the oven for 3 minutes. Season with salt and pepper.

Plating

On a deep plate or sombrero style plate, place the scallops first. Place a nice spoon of tapioca falling off one side of the scallops. Place the pear cubes here and there. Drizzle with the shallot cream.

Garnish with a pear julienne that you cut at the last minute. Add one crack of black pepper.

Bon appétit!