

Côte-Nord giant scallops, parsnip vanilla mousseline, green asparagus tips with roasted almonds

Recette pour 4 personnes



Description

Crispy giant scallops served with parsnip and vanilla.

Ingrédients

For the scallops

- 12 Unit(s) Giant scallop (u10)
- 75 Ml Olive oil
- 25 Ml Clarified butter
- 1 Sprig(s) Thyme
- 5 Sprig(s) Chives
- 4 Pinch(es) Fleur de sel
- 6 Turn(s) White pepper

For the parsnip

- 6 Unit(s) Parsnip
- 1 Unit(s) Vanilla bean
- 100 Ml 35% cooking cream
- 4 Sprig(s) Parsley
- 3 Pinch(es) Fleur de sel
- 4 Turn(s) White pepper

For the aspergus

- 20 Unit(s) Green asparagus
- 100 Ml Clarified butter
- 150 Gr Sliced almonds

- 2 Pinch(es) Fleur de sel
- 4 Turn(s) White pepper

Préparations

Temps de préparation **45 mins**

Préchauffez votre four à 425 F°

For the mise en place

Remove the muscles from the scallops. Finely chop the chives and the red onion. Pick the parsley leaves. Peel the parsnips and cut them in big chunks. Cut the vanilla bean in half. Cut the stem of the asparagus and peel it. On a baking tray put the almonds and roast them in the oven.

For the scallops

Season the scallops on both sides. In a hot pan with olive oil and clarified butter, sear the scallops on one side for a minute, add the thyme and then cover, turn off the heat and let them cook for 3 minutes.

For the parsnip

In a hot pan with olive oil cook the onions until nice and golden then set aside. In a pan, put the cream and the vanilla and let infuse 15 minutes on medium heat. Put the parsnips in a big pot of cold water, bring it to boil and let it cook for 30 minutes then strain and blend them in the food processor with the vanilla cream, but make sure it isn't too liquid. Season to taste.

For the asparagus and the plating

In a big pot of salty boiling water, boil the asparagus for 3 to 5 minutes. Strain them in an ice bath. Just before serving warm the asparagus in a pan with olive oil and the almonds.

Bon appétit!