

Grilled scallops flambéed with Sambuca, baby sprouts with pears and berries

Recipe for 12

Description

Giant scallops seared in butter and flambéed with Sambuca, served on a bed of young sprouts with a fruit salad.

Note

You can vary the baby sprouts as well as the fruits used based on what is in season where you are.

Try to avoid overcooking the scallops as they develop a chewy texture when overcooked.

Ingredients

Scallops

- 12 Unit(s) Scallop (u10)
- 50 Ml Sambuca
- 50 Gr Butter
- 100 Ml 35% cooking cream
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

Fruit salad

- 1 Tray(s) Arugula young shoots
- 1 Tray(s) Raspberries
- 8 Unit(s) Strawberry
- 1 Unit(s) Pear
- 1 Unit(s) Orange
- 1 Unit(s) Lemon
- 1 Unit(s) Lime
- 25 Ml Vegetable oil
- 50 Ml Olive oil
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

Preparation

- Preparation time **30 mins**

Preparation

Zest the citrus and juice them.

Cut the strawberries in a brunoise (small cubes).

Quarter the pear, remove the core and then brunoise (small cubes).

Gently quarter the raspberries.

Scallops

In a hot frying pan or BBQ safe cast iron pan, melt the butter with a thread of oil. Season the scallops with sea salt and cracked pepper, then sear them until a nice golden color and flip them over. Add the sambuca and flambée! Cook for another 2-3 minutes. Remove the scallops and then

add cream to the cooking liquid. Reduce slightly and season accordingly, set aside.

Salad

In a mixing bowl with a whisk, combine the citrus juice, salt, pepper, oil and zests. Add the baby sprouts and the fruits and stir gently so as not to break the raspberries.

Plating

In a rectangular plate, make a nice spread of sauce, place 3 scallops in a symmetrical line and then delicately place some salad on top of each of the scallops.

Bon appétit!