

Pineapple and scallop skewers, ginger and coconut milk sauce with green beans persillade, pomegranate seeds

Recette pour 4

Description

A skewer with flavors inspired by Guadeloupe accompanied by green beans and a sweet and sour sauce.

Ingrédients

Skewers

- 12 Unit(s) Giant scallop (u10)
- 0.25 Unit(s) Pineapple
- 1 Unit(s) Onion
- 4 Unit(s) Skewer sticks

- Butter
- Salt and pepper
- Olive oil

Sauce

- 1 Tbsp Hibiscus syrup
- 1 Unit(s) Lime
- 10 Gr Japanese pickled ginger
- 2 Unit(s) Maracuja
- 50 Gr Coconut chair
- 1 Unit(s) Vegan chili
- 200 Ml Coconut milk
- 1 Tsp Soy sauce

- Butter
- Salt and pepper
- Olive oil

Green beans

- 450 Gr Green beans
- 3 Clove(s) Chopped garlic
- 8 Sprig(s) Flat parsley

- Butter
- Salt and pepper
- Olive oil

Garnish

- 1 Unit(s) Pomegranate
- Butter
- Salt and pepper
- Olive oil

Préparations

Temps de préparation **30.00 mins**

Préchauffez votre Oven à 400.00 F°

Preparation

Remove the nerve from the scallops. Cut the pineapple into cubes roughly the size of your scallops.

Juice the limes, finely chop the marinated ginger, pepper and coconut flesh.

Finely chop half the onion and cut the other half into cubes the same size as the pineapple.

Clean the green beans, mince the garlic and finely slice the parsley.

Prepare the pomegranate by removing the seeds.

Skewers

Prepare the skewers by alternating the scallops, onion and pineapple.

Sear the skewers in a big skillet on one side for roughly 2 minutes.

Sauce

In the same skillet, sweat the onions with a knob of butter. Next, add the ginger, pepper and coconut flesh. Add the maracuja, coconut milk, lime juice, soy sauce and hibiscus syrup.

Once it comes back to a boil, lower the heat and place the skewers back in the juice, with the seared side up, cook for another 2 minutes.

Green beans

In a large sauce pot of boiling salted water (10g/L), blanch the green beans for 5-8 minutes, depending on their size.

Transfer them directly to an ice bath to keep their nice bright green color.

When ready to serve, sauté the beans in a skillet with a little butter and oil, as well as the minced garlic and parsley.

Season to taste.

Plating

Make a bed of green beans, place a scallop skewer on top. Drizzle the sauce on top and garnish with some pomegranate seeds and young sprouts.

Bon appétit!