

Giant scallops à l'unilatéral, cauliflower couscous with tarragon oil

Recette pour 4 personnes

Description Seared sea scallops on one side only served on cauliflower cut into small grains to create the illusion of a couscous garnished with cherry tomatoes and chives, and decorated in a fresh tarragon oil.

L'idée déco Temper the scallops at room temperature at least 15-20 minutes before searing them. This will speed up the cooking process and ensure its evenness.

Ingrédients

For the giant scallops

- 8 Unit(s) Giant scallop (u10)
- Vegetable oil
- Butter
- Salt and pepper

For the cauliflower couscous

- 0.50 Unit(s) Cauliflower
- 1 Box(es) Cherry tomatoes
- 1 Bunch(es) Chives
- 1 Unit(s) Shallot
- 1 Unit(s) Lemon
- Vegetable oil
- Butter
- Salt and pepper

For the tarragon oil

- 1 Bunch(es) Tarragon
- 125 Ml Vegetable oil
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- Butter
- Salt and pepper

Préparations

Temps de préparation **30 mins**

General preparation

Cut the cauliflower into large pieces. Zest the lemon and juice it. Chop the shallots and chives. Cut the cherry tomatoes into quarters. Remove the leaves from the tarragon stems.

Tarragon oil preparation

In small pot filled with salted boiling water, blanch the tarragon leaves a few seconds before plunging them into an ice bath. Squeeze all the water out with your hands before mixing them with the vegetable oil and a pinch of salt in a blender.

Cauliflower couscous preparation

Place the pieces of cauliflower in a food processor and use the PULSE button to reduce the cauliflower into small pieces, similar to couscous. In a large skillet, drizzle olive oil and fry the cauliflower couscous until just warm. Add in the cherry tomatoes, shallots, chives, lemon juice and lemon zest. Season with salt and pepper.

Scallops preparation

Pat the scallops dry on a paper towel before seasoning them with salt. In a large skillet on high heat, add enough vegetable oil to completely cover its surface. Cook the scallops on one side until a golden brown color appears around the edges. Turn them over and add a knob of butter. Remove the pan from the heat and finish to cook them slowly.

To serve

Place a little bit of couscous at the bottom of your plate. Place 2 scallops on top , then decorate your plate with the tarragon oil.

Bon appétit!