

Pan seared scallop, saffron and carrot coulis, baby spinach salad

Recette pour 4 personnes

Description Unilateral pan-seared sea scallops served on a coulis of carrots flavored with saffron and fresh goat cheese and served with a few leaves of baby spinach dressed with white balsamic vinegar.

L'idée déco For very tender scallops, avoid at all costs to cook too long time, if not, their texture becomes rubbery.

Ingrédients

For the saffron and carrot coulis

- 2 Unit(s) Carrot
- 2 Unit(s) Shallot
- 100 Ml White wine
- 300 Ml Vegetable stock
- 50 Gr Fresh goat cheese
- 1 Pinch(es) Saffron

- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

For the scallops

- 8 Unit(s) Giant scallop (u10)

- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

For the baby spinach

- 4 Handful(s) Baby spinach
- 15 Ml White balsamic vinegar
- 30 Ml Olive oil

- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

Préparations

Temps de préparation **30 mins**

Mise en place

Finely chop shallots. Cut the carrots into thin slices.

Saffron and carrot coulis preparation

In a pan, drizzle some olive oil and saute the shallots. Add the carrots. Deglaze with white wine and reduce until total evaporation of the liquid. Cover with chicken broth and simmer 8-10 minutes. Using a hand mixer, mix everything until you get a homogenous mixture. Season with salt and pepper to taste and add the goat cheese. Mix and set aside.

Scallops preparation

Season the scallops with salt. In a non-stick skillet, drizzle some vegetable oil and sear the scallops on one side over high heat. Cook for 2-3 minutes until the scallops are golden. Add a knob of butter to facilitate the coloration. Place the scallops on a baking sheet and set aside. Just before serving, finish cooking in the oven 2-3 minutes.

To serve

Coat the bottom of each plate with some carrot coulis and place the scallops on top. Garnish your scallops with a few leaves of baby spinach seasoned with salt and pepper as well as white balsamic vinegar and olive oil.

Bon appétit!