

Pan-fried scallops, butternut caviar, coffee frothed milk |

Recipe for 4 servings

Description

A delicate starter with unexpected flavours.

Note

Spaghetti squash can be a very interesting substitute, it will look nice with all the filaments.

Ingredients

Scallops

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

Butternut squash caviar

- 500 Gr Butternut squash
- 1 Unit(s) Lemon
- Butter
- Salt and pepper
- Olive oil

Coffe frothed milk

- 250 Ml Milk
- 1 Tbsp Coffee beans
- 1 Tbsp Soy lecithin
- 20 Gr Butter
- Butter
- Salt and pepper
- Olive oil

Last touch

- 2 Unit(s) Radish
- 4 Pinch(es) Young beet sprouts
- 4 Pinch(es) Sea salt flakes
- 2 Tbsp Grated parmigiano reggiano
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Prep

Scallops

Remove the muscle on the side of the scallops, it is not easy to eat once cooked, set them aside on absorbing paper in the fridge.

Butternut

Wrap the butternut in aluminum foil.

Toast the coffee beans in a hot oven for 4-5 minutes.

Last touch

With a mandolin, finely slice the radishes. Keep them in cold water in the fridge, you'll place them on

the plate before serving.

Butternut squash caviar

Place the squash in a hot oven (400°F) for about 40 minutes (cooking time will depend on how big the squash is and how powerful your oven is)

Peel it once out of the oven and keep a piece of about 50 gr for the milk.

Mix the squash with the lemon juice and a drizzle of olive oil.

Coffee frothed milk

In a sauce pan, bring the milk to a boil with the left over squash, add the coffee beans, the parmesan and the soy lecithin.

Pass the milk through a sieve then add the butter while emulsifying the milk.

Season to taste.

Plating and last touch

Scallops

In a hot pan with a little butter and olive oil, season the scallops and sear them on one side.

Make sure it's well colored, they will stop sticking when it's the case. Then just put them in the oven for 3 to 4 minutes before serving.

Plating

With a ring mould, put some butternut squash in the middle of the plate.

Place two scallops onto the squash.

Lay a generous spoonful of coffee on the top, finish with the microgreens.

Bon appétit!