

Tarragon green pea puree, Nantaise style scallops with fresh herbs

Recipe for 12 Tapas



Description

Tarragon flavored pea purée, Bay scallops and fresh parsley, all of which topped with Nantaise sauce.

Ingredients

Tarragon pea purée

- 250 Ml Frozen green peas
- 75 Ml Vegetable stock
- 2 Unit(s) Shallot
- 2 Dash Olive oil
- 2 Nut(s) Butter
- 3 Turn(s) White pepper
- 2 Sprig(s) Tarragon

Nantaise sauce

- 1 Tbsp Fumet dehydrated fish
- 15 Gr Butter
- 50 Ml White wine
- 1 Unit(s) French shallot
- 50 Ml White balsamic vinegar
- 150 Ml 35% cooking cream
- 2 Turn(s) White pepper

Scallops

- 36 Unit(s) Bay scallops
- 3 Clove(s) Chopped garlic
- 5 Sprig(s) Parsley
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) White pepper
- 1 Dash Olive oil
- 2 Nut(s) Butter

Preparation

- Preparation time **25 mins**
- Preheat your **four** at **425 F°**

Set up

Make or heat up the vegetable broth.

Make or heat up the fish stock.

Pick the leaves of the tarragon.

Peel and chop the shallots.

Clean and chop the garlic and the parsley.

Tarragon pea purée

In a medium sauce pot with a knob of butter and a thread of olive oil sweat the shallots on medium heat. Add the peas and the tarragon then cover lightly with vegetable stock. Cook for roughly 10 minutes over medium heat, then transfer to a food processor. Blend until you reach the desired consistency, being careful with the amount of cooking liquid we add because we want a puree that is not too runny. Adjust the seasoning then add the olive oil.

Nantaise sauce

In a sauce pot with a knob of butter on medium heat, sweat the shallots with a pinch of salt for about 1 minute. Add the white wine and white balsamic vinegar and let reduce by half. Next, add the cream as well as the fish stock. Stir gently and bring back to a boil and as soon as it boils remove from heat. Taste and season accordingly.

Scallops

In a frying pan with a thread of oil on medium-high heat, sear the scallops for 3-4 minutes. Next, add the parsley and garlic and remove from the heat. Stir well, season and set aside.

Plating

In a deep plate or a bowl, make a little nest of pea purée in the center. Place the scallops on top of the purée and garnish with the Nantaise sauce.

Bon appétit!