

SCALLOPS AS A PAINTING



RECIPE CREATED BY SÉBASTIEN FARÉ



Scallops as a painting

Original recipe by Sébastien Faré

Recipe for 8 people

SCALLOPS AND SWEET POTATO MOUSSELINE

24 big scallops
1 sweet potato (about 800 g)
150 g **Elle & Vire Professionnel® Mascarpone**
Salt
Pepper
Sugar
20 g oil
20 g **Elle & Vire Professionnel® Gourmet Butter**

Clean the scallops and drain them thoroughly. Cook the sweet potato in an oven at 150°C (302°F) for about 1h30 to 2 hours. Press the potato through a sieve. Scrap out the flesh into a bowl, season and add the mascarpone. Mix everything well together. If the texture of the purée is too firm, feel free to add more mascarpone.

Season the scallops (salt, pepper and a pinch of sugar). Cook the first side in a hot pan with a little oil for 2 to 3 minutes. Turn them over. Add a knob of butter and remove.

LEMONGRASS SAUCE

200 g squid
10 g oil
20 g shallots,
sliced thinly
1 bunch of lemongrass
200 g white wine
400 g **Elle & Vire Professionnel® Excellence Cooking Cream**
Salt, pepper, sugar

Clean the squid, cut into pieces. Lightly brown in hot oil. Add the chopped shallot and the stemmed lemongrass stick and then deglaze with the white wine. Cook gently for 20 to 25 minutes. Filter. Reduce the juice until it becomes syrupy. Add cream and reduce until the texture becomes coated. Season and add a few drops of lemon juice.

GARNISH AND PRESENTATION

100 g Brussels sprouts
Lemongrass stick
Pansy flowers
Lemon balm
Red shiso
Dill
Garden peas sprouts
Fleur de sel
Ground pepper

Leaf the Brussels sprouts and whiten in boiling water with salt and pepper. It takes 2 to 3 minutes to cook the leaves. Cool immediately in ice. Dress the sweet potato mousseline with a piping bag. Add the scallops, the sauce and dress with the leaves of Brussels sprouts and the different herbs.



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