

SCALLOPS, CAULIFLOWER AND CURRY

EQUIPMENT

CHEF'S KNIFE, BLENDER, FRYPAN, ZIP LOCK BAG, PALLET KNIFE, SPOONS

INGREDIENTS

¼ CAULIFLOWER, 5 SCALLOPS (GOOD QUALITY), 30GM CREAM,
20GM BUTTER, CHIVES, SALT, CURRY POWDER, OLIVE OIL

METHOD

REMOVE A FEW SMALL FLORETS OF CAULIFLOWER AND CUT INTO 4 OR 5 CROSS SECTIONS AND SET ASIDE.

WITH THE REMAINING CAULIFLOWER SHAVE DOWN THE FLORETS WITH YOUR KNIFE AS THIN AS POSSIBLE AND DISCARD THE STALKS

PLACE THE CAULIFLOWER SHAVINGS IN A ZIP LOCK BAG WITH 30GM OF CREAM AND SALT. SEAL THE BAG REMOVING AS MUCH AIR AS POSSIBLE AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 12-15 MINS

REMOVE CAULIFLOWER AND POUR THE CONTENTS INTO THE BOWL OF A BLENDER ADD 10-20GM OF COLD BUTTER AND BLEND TILL SMOOTH
CHECK SEASONING KEEP WARM AND SET ASIDE

PAT DRY SCALLOPS ON PAPER TOWEL AND PLACE ON A PERFORATED TRAY, SEASON AND DRIZZLE WITH OLIVE OIL AND PLACE IN OVEN STEAM SETTING 50 DEGREES FOR 20 MINS

HEAT A FRY PAN OVER MEDIUM HEAT ADD A LITTLE OIL AND PAN FRY THE RESERVED CAULIFLOWER SECTIONS.

ONCE THE SCALLOPS ARE DONE, PAT DRY ON PAPER TOWEL, HEAT YOUR FRYPAN AGAIN TO SMOKING HOT, ADD A LITTLE OIL AND THEN THE SCALLOPS FRY FOR 20 SECONDS ON ONE SIDE ONLY, ADD BUTTER AND REMOVE FROM HEAT.

SPOON SOME CAULIFLOWER PUREE ON A PLATE, ARRANGE SCALLOPS ON TOP AND SCATTER OVER THE FLORETS SOME CHIVES AND SEASON WITH A LITTLE CURRY POWDER, SALT AND OLIVE OIL AND SERVE.

HINTS & TIPS

- THIS METHOD TAKES THE GUESS WORK OUT OF COOKING PERFECT SCALLOPS, JUST DON'T PAN FRY FOR TOO LONG AND WHEN PAN FRYING GET YOUR PAN SUPER HOT
- SCALLOPS AND CAULIFLOWER HAVE BEEN DONE MANY TIMES OVER IT'S ALMOST THE BEST EXAMPLE OF A MODERN CLASSIC, ADD SOME SLICED PAN FRIED PANCETTA FOR ANOTHER FLAVOUR PROFILE
- BUY GOOD QUALITY SCALLOPS, AVERAGE FROZEN SCALLOPS WILL RENDER POUR RESULTS. ASK YOUR FISHMONGER FOR LOCAL OR IF LOCAL UNAVAILABLE ASK FOR "PREMIUM CANADIAN OR ATLANTIC SCALLOPS" THESE ARE SOME OF THE BEST ON THE MARKET