



COOKING PASSION SINCE 1877

## Gastrophysics - Seared scallops with warm seaweed salad



Serves 2

### INGREDIENTS:

#### Salad:

1 tbsp rapeseed oil  
1 shallot, finely chopped  
50g samphire  
100g fresh seaweed  
1 nori sheet  
1 small lemon  
75ml **vegetable stock**  
Good pinch pepper  
1 tbsp black **sesame seeds**,  
optional

#### Scallops:

6 **scallops**  
1 tbsp extra virgin olive oil  
Knob of **butter** for frying  
125ml **white wine**

ALLERGENES HIGHLIGHTED IN  
BOLD

### PREPARATION:

Place a small pan on a medium heat and heat the oil. Once hot, add in the shallot and saute for about 5 minutes, stirring regularly. Add the seaweed and samphire with the stock, turning up the heat slightly. Add in the zest of the lemon and half the juice and season with pepper. Crush the nori sheet so it's fine, you can do this several times with your hand. Once the greens have been cooked for a few minutes and the liquid has gone, add in the nori to crisp slightly, just for a minute or two. Toss and sprinkle with the sesame seeds if you're using. Set aside, and using the same pan, start cooking the scallops.

Heat the the oil for a minute or so and then add in the butter. As soon as it's melted, place in the scallops flat down. Fry on each side for about 1 ½ minutes then add in the white wine and cook for a further minute. Turn off the heat, season with salt and pepper and squeeze over the remaining lemon juice.

Spoon a tablespoon of the salad onto the plate and top with the scallops decorate with the a little extra zest and a drizzle of good olive oil.