



Pan Seared Scallops with Sauce Vierge

INGREDIENTS (SERVES 4)

- 4 - 8 scallops
- extra virgin olive oil
- tomatoes
- lemon
- golden shallot
- lime
- coriander
- butter
- bunch garlic chives
- salt & pepper
- basil leaves

TIP FROM THE CHEF

You can cook scallops on the BBQ or in a pan. Just be sure that the cooking surface is very hot before placing the scallops to ensure the best result.



To view the video for this recipe head to:

youtu.be/Stl4jcBSdP4 or search for *Backyard and Beyond*

PREPARATION (SAUCE VIERGE)

- 1 Quarter the tomatoes and remove the centre seed section. Dice and place in a small bowl
- 2 Finely dice the golden shallot, garlic chives and basil leaves and add to the bowl with some roughly chopped coriander
- 3 Pour about 60mL of extra virgin olive oil in the bowl, along with some pepper and the juice of quarter of a lemon and lime and combine the ingredients

PREPARATION (SCALLOPS)

- 1 Prepare the scallops by removing the tough muscle tissue where the roe would join
- 2 Season the scallops with some salt and pepper
- 3 Add some oil to a pre-heated pan and carefully place the scallops. Don't overcrowd the pan
- 4 Try not to flip the scallop too early. Check the edge to see cooking progress. You want to aim to keep an opaque layer through the middle
- 5 Before flipping add a few knobs of butter, then carefully flip the scallop
- 6 Once almost cooked on the other side, add a squeeze of lemon juice

PLATE UP

- 1 Place the scallops onto a serving tray and spoon over some of the brown butter sauce from the base of the pan
- 2 Spoon some of the sauce vierge over the scallops
- 3 (Optional) Garnish with some lemon rind, fresh mint and garlic chive flowers

