

Scallops with crispy quinoa, cucumber-fennel-radish salad and shallot-dill vinaigrette

(4 Servings)

Scallops

- Scallops (12 medium pcs) 0.360kg
- Olive Oil
- Salt and pepper to season

Quinoa:

- Water 0.370l
- Sugar 0.100kg
- Quinoa 0.060kg
- Vegetable oil 0.080l
- Salt Season to taste

Salad

- Radishes 0.130kg (~ 5 pieces)
- Mini Cucumber 0.300kg (~ 4 pieces)
- Fennel 0.400kg (~ 4 pieces)

Vinaigrette:

- Shallots 0.030kg
- Fresh dill 0.001kg
- White wine vinegar 0.060l
- Dijon mustard 0.018kg (~ 1 tablespoon)
- Salt Seasoning
- Freshly ground black pepper Seasoning
- Extra-virgin olive oil 0.085l
- Lime juice Season to taste
- Sugar Season to taste

Garnish:

- Rocket lettuce 0.032kg

Preparation Method

Pre-Preparation

- Wash radishes, cucumber and fennel and cut in thin slices with a mandolin
- Wash dill and chop roughly
- Peel and finely mince the shallots

Preparation

- Combine water and sugar in a small saucepan over high heat. When mixture comes to a boil, add quinoa and cook until the grain is soft, 12-15 minutes. Drain quinoa. Heat up oil in a frying pan. Add quinoa and fry until dark golden brown. Strain from oil and season with salt
- In a large nonstick fry pan over medium-high heat, warm the oil. Add the scallops to the pan and sauté until almost springy to the touch, about 2 minutes per side and season with salt and pepper.
- In a small bowl, whisk together all of the ingredients for the vinaigrette except the oil. Slowly add the oil, whisking vigorously, until the vinaigrette is emulsified. Season to taste with sugar. Add the Vinaigrette to the Salad-Vegetables and transfer to a round cutter on the plate.
- deep fry the rocket in the same oil as used for the quinoa until crispy

