

FutureChef

Resources: Recipes

Willie's Seared Scottish Scallops with Cauliflower and Apple



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Introduction

This recipe has been created to support and enrich culinary lessons, designed for teachers and young people. The recipe can be used on an individual basis at home or within school to support and compliment a cooking lesson as part of the FutureChef programme.

If there are any resources you think would be useful, please get in touch with us at info@futurechef.uk.net



Resource bank : Recipes

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INGREDIENTS

For scallops:

- 12 large hand dived Scallops trimmed, and coral removed
- 1 Tbsp. Plain oil
- Tsp. Curry powder
- Juice ½ lemon
- 50g butter
- Salt, pepper to season.

For cauliflower puree:

- ½ a large cauliflower chopped
- 250ml milk
- 50g butter
- Salt and pepper

For garnish:

- 1 green eating apple cut into matchsticks
- Juice of ½ lemon to prevent apple turning brown
- 20g dressed curly endive lettuce



Scallops are the perfect protein to practice your cooking skills with as they require careful cooking

METHOD

1. Make the cauliflower puree by sweating chopped cauliflower in butter, add the milk simmer until tender, season with salt and pepper
2. Drain and puree until smooth in a blender thin a little with the warm milk. Place in a piping bag and squeeze into a plastic bottle and keep warm in a bain-marie
3. Heat the oil in a heavy pan, season the scallops with salt and pepper and lightly dust with curry powder, sear the scallops on one side for 1 ½ minutes and turn and sear for 30 seconds add butter and baste for 30 seconds finish with lemon juice, remove scallops and rest

4. Squeeze three mounds of cauliflower puree onto each warm plate, place a seared scallops on top and drizzle with the cooking butter and garnish with the apple sticks and curly endive.