

Scallops with vegetables

CUISIMAGES

Ref :
2603

Type :
Shellfish

Preparation :
45 mn
Rest :

Cooking :
30 mn

Cost :


Difficulty :


Origin :




For 4 persons

- 8 scallops
- 1 zucchini
- 2 carrots
- 200 ml of single cream
- 1 glass of white wine
- 1 tablespoon of dried fish stock
- 3 tablespoons of whisky
- 1 shallot
- 1 clove of garlic
- 6 tablespoons of olive oil
- Salt and pepper



Wash zucchini and cut into thin strips.
Peel carrots and cut into thin strips.
Peel garlic and shallot and chop finely.



To remove shell, pass the blade of a knife on the flat side of the shell.



Open the shell and place the scallop on a chopping board. Start by removing the black part and throw it out. Separate the shell and its coral from the bard.



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In a frying pan, heat 3 tablespoons of olive oil. Add shallot and brown.

Add the bard and cook it 5 min over a low heat. Add white wine, 1 tablespoon of dried fish stock, 1 tablespoon of flour and mix. Stew gently during 10 mn.



In a saucepan, heat 3 tablespoons of olive oil and then cook the scallops on each side for 2 min. Pour the whisky and flame the scallops. In the same container, add garlic and carrots, cook 5 min over a low heat.



Using a strainer, pass the bard mixture over the saucepan. Mix.

Add zucchini, cream, salt, and pepper. Mix.

Put the scallops in ramequins and put them in the middle of the saucepan.

Cover and stew during 10 min over a low heat.

Serve immediately.



Recommandation

Variante

Wine

Sancerre