

Seared Scallops on Grapefruit With a Pea Purée

Yield: 4 serves | Source: thestranger.online

Monégasque Cuisine:

Monaco is a small country, located in Southern Europe. Having a subtropical climate and mountain relief, Monaco gets a lot of tourists. Due to its close position to Nice river and to the fact that is located on the Mediterranean coast, Monaco built a great industry of fish processing; this industry represents a high percent of the exports and it is also reflective of the Monaco people's diet.

Ingredients

Scallops:

- 12 scallops (patagonian)
- 1 lemon (juice)
- 1 garlic clove (minced)
- 1 Salt
- 1 Pepper (black)
- 2 ml old bay seasoning (cajun could be a replacement)

Salad:

- 30 ml capers
- 237 ml Swiss chard
- 1 sliced grapefruit

Pea Purée:

- 500 g peas (frozen)
- 1 Salt
- 78 ml lemon (juice)



Instructions

1. Wash the scallops thoroughly and lightly season with a little salt, black pepper and Old Bay seasoning. Melt the butter in a heavy skillet and add the scallops for approximate 60 to 90 seconds each side until golden brown, turning halfway.
2. Drizzle the juice of half a lemon in the skillet and baste the scallops, remove from the pan and set aside on a plate.
3. Bring a pan of salted water to the boil and blanch the peas for 3 minutes. Add the peas to a blender along with a little water. Using the pulse function to begin with blitz the peas, adding more liquid in small amounts as required. Blend for no more than 2 to 3 minutes until a fairly thick but smooth purée has been achieved.
4. Push the purée through a fine sieve and use the back of a spoon to push it through, this will give you an even more silky finish.
5. Taste the purée and season with salt and a squeeze of fresh lemon juice. Finally, cool the pea purée as quickly as possible, this will prevent the colour from fading.
6. Place the capers and chard leaves into a dry bowl and pour on 2 tbsp of the melted butter. Dress the plate with the grapefruit, the capers and chard, top with the scallops and place the purée sparingly around the dish.