

Roast Scallop Salad, Caramelized Cauliflower Beignet, Cauliflower Pannacotta and Balsamic Vinaigrette

Category: Appetizer (Serves 4)

Mandarin Oriental Hyde Park, London
Head Chef, Chris Staines

Ingredients:

10 Scallops

Panna Cotta

2 Heads of cauliflower

150ml Cream

1 ½ oz Butter

Water to cover

Salt and Pepper

1 ½ - 2 leaves of gelatine



Preparation

Place cauliflower, butter and cream in a heavy based saucepan, and gently simmer until cooked through, season and blitz in a blender, pass through a chinois. At this stage remove half of the puree for decoration later. Add your soaked gelatine to the still hot mixture and pour into required moulds and allow to set for 1 – 2 hours.

1 recipe for tempura batter

150g Flour

50g Corn flour

1tsp Bicarbonate of soda

Salt and pepper to taste

Curry powder to taste

¼ Lemon

Preparation

Mix all the dry ingredients then slowly add the milk whisking all the time until reaching coating consistency. Season with salt and pepper and curry powder to taste.

Balsamic dressing

Simply take 50ml of aged balsamic (Modena) vinegar, add 50ml of extra virgin olive oil, season and reserve.

For beignets

Bring a spoon full of sugar to a direct caramel in a heavy based saucepan, add the cauliflower florettes, then remove. Pass the florettes through the curried batter and deep fry until golden brown and crispy.

To finish

Place your panna cotta in the centre of a large plate, cover with a round pancetta crisp and topped with a dressed salad.

Meanwhile fry off your beignets, season and keep warm. Pipe small balls of cauliflower puree onto the plate at even intervals, on top of each place one of your beignets, top with a small sprig of chervil. Carefully spoon your balsamic mixture onto the plate then fry your scallops hard on one side until caramelised, turn over and season with lemon juice and sea salt.

Garnish

Walnut dressing

100ml	Walnut oil
1Tbsp	Honey
1Tbsp	Dijon mustard
500ml	Olive oil
	Splash of sherry vinegar

Mix the honey and mustard in a round-bottomed bowl, mix in the sherry vinegar then slowly whisk in the oils until emulsified, season to taste.

Salad

½ head	Lollo Rosso
½ head	Frisee
1 Bunch	Roquette

Pick leaves into small pieces then mix together.

Pancetta Crisp

Ask your butcher for 4 –5 sleeves of pancetta or smoked bacon, simply fry these in hot oil until brown and crispy, drain and reserve.

Weight Measures Conversions:

¼ ounce	8 grams
½ ounce	15 grams
1 ounce	30 grams
4 ounces	115 grams
8 ounces	230 grams
16 ounces	455 grams (1 pound)
2.2 pounds	1 kilogram
1 cup	25 CL - 2.5DL - 250ML