

Carpaccio de Noix de Saint-Jacques, Brunoise de Légumes et son Coulis de Tomate - Wafer-Thin Marinated Scallops, on a Bed of Crunchy Vegetables with a Tomato Coulis

(Serves 6)

Ingredients:

Vegetables:

- 1 Red Pepper – deseeded and peeled
- 1 Yellow Pepper – deseeded and peeled
- 1 Bulb of fennel
- 1 Courgette
- 1 Carrot

Olive Oil and Lemon Dressing

Scallops:

- 12 Large Scallops - Thinly Sliced
- 10ml/2tsp of Olive Oil
- Lemon Juice
- 150ml tomato coulis

Garnish:

Selection of Salad Leaves Tossed with Tarragon Dressing
Chopped Tomato and Black Olive ‘diamonds’ and Chervil Sprigs
Light Fish Sauce

Veal Rack:

Whole Veal Racks(Trimmed and top Part Deponed)
Chopped Rosemary
Salt and Pepper

Appetizer



Preparation:

- **Vegetables** – dice all the vegetables – before dicing the courgette, remove most of the inside flesh and discard.
- **Scallops** – to marinade: rub each slice of scallop with a little olive oil, season and add a tiny drop of lemon juice to each.
- **To Serve** – lay all the vegetables in a ring on each serving plate and place the marinated scallops on top. Pour the tomato coulis in the centre with the salad leaves on placed on top. Garnish with the ‘diamonds’ of tomato and black olive and chervil sprigs.
- **To Finish** – spoon a little warm fish sauce over the scallops and around the plates. (Fish sauce made from fish stock - available from most good supermarkets - flavoured with garlic, tarragon, shallots and lemon juice.).

Recipe Conversion Tables:

To convert from metric, divide by the factor as indicated:

Pints/litres – 0.568

Pounds/kilograms – 0.4536

Ounces/Grams – 28.3495