



SEARED SCALLOPS WITH APPLE AND ENDIVE

SALAD

(Serves 6)

The channel of water between Arran and the Mull of Kintyre is called Kilbrannan Sound and this is where the langoustines and hand-dived scallops are from. It is a deep fast moving stretch of water which provides some of the best crustaceans in Scotland, as well as being a beautiful place to visit.

FOR THE ENDIVE AND APPLE SALAD

INGREDIENTS:

2 Endive
2 Granny Smith apples.
20 fresh almonds roasted for 3 minutes.
50g golden raisins
75ml extra virgin olive oil
150g Roquefort Cheese
½ espresso spoon of Dijon mustard
20ml white wine vinegar
Pinch of sugar
Salt and pepper

METHOD:

1. Cut the endive in half and then cut each half in half again. Keep the shape of the leaf. Cut the apple into fine slices.
2. Make a vinaigrette with the mustard, vinegar, olive oil, sugar and seasoning.
3. Cut the Roquefort into small pieces.
4. Mix all the ingredients together.

FOR THE SCALLOPS

INGREDIENTS:

18 scallops in their shells

PREPARATION:

The best way to open a scallop is to place it on a board with the flat shell side up. Insert the point of a strong paring knife between the shells, and run it across the underside of the flat shell to sever the internal muscle. Pull the shells apart. Use a spoon to slide under the scallop and free it from the cupped shell, lifting the scallop out. Remove the skirt and gut, leaving the white scallop flesh with the orange coral attached. Remove any dark membrane that's attached to the scallop flesh. Rinse well and place on a kitchen cloth to dry.



1. Remove the scallops from the shell and discard the skirt and the orange roe.
2. Wash and dry the scallops on a clean towel.

METHOD:

1. Heat a little oil in a non-stick pan.
2. Season the scallops with a little salt and pan fry in the oil until golden brown on each side and just cooked.
3. Finish the scallops with a squeeze of lemon juice and divide between the plates.

TO SERVE

1. Place the salad in the centre of six plates
2. Place 3 scallops on each of the plates
3. Dress the plate with some of the vinaigrette