

Seared scallops, Macadamia cream, fennel slaw, sauce vierge



(4 portions)

- 12 Scallops
- 1 Fennel bulb
- 3 Cloves garlic
- 20g Macadamia (nibbed) roasted
- 40g Macadamia nuts
- 30ml Olive oil
- 30g Shallot finely diced
- Juice of 1 lemon
- 10g Chopped parsley
- 150ml Milk
- 250g Cauliflower
- 20g Butter
- Salt and pepper

To prepare

1. Cut the cauliflower into small pieces and place in a pan with the milk, 150g of macadamia nuts and a little salt, simmer until the cauliflower is cooked.
2. Remove the cauliflower and nuts and place into a processor, reserve the milk.
3. Process until smooth and adjust the consistency by adding milk as required and 30 g of butter. It should be soft, light and just hold on the plate.
4. For the fennel slaw finely slice on a mandolin lengthways and place into a small dish, squeeze a little lemon juice over.
5. To make the sauce combine the finely diced shallot, chopped parsley, olive oil, crushed and chopped garlic and rest of the lemon juice.
6. Pour this over the fennel and reserve for approx 1 hour.
7. To cook the scallops heat a non stick clean pan and add a touch of oil, heat well.
8. Place the cleaned and trimmed scallops into the very hot pan, sear on both sides for approx 20 seconds and season remove straight away and rest.
9. To assemble the dish.
10. Place a portion of fennel slaw on the plate.
11. Arrange the scallops three per portion on the plate and spoon a tablespoon of warmed macadamia and cauliflower puree on to the plate.
12. Dress with some of the dressing and some toasted macadamia nut nibs and serve.