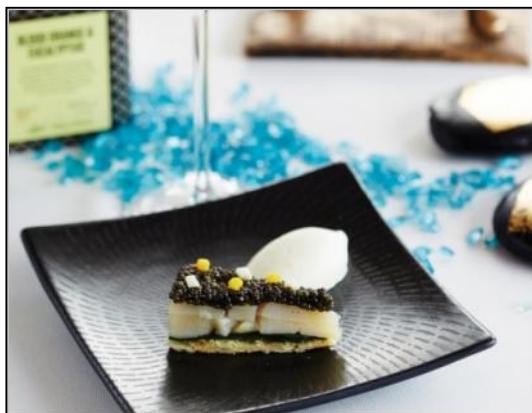


SCALLOP AND SPINACH WITH OSCIETRA CAVIAR AND LEMON CREAM



0 made it | 0 reviews



Ernest Wong



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A medley of flavours and textures brought together with blanched spinach and steamed scallops served with caviar, chives, lemon, cream and gold leaf.

- Sub Category Name
Food
Main Courses

- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

SCALLOP AND SPINACH WITH OSCIETRA CAVIAR AND LEMON CREAM

- 100g Puff Pastry
- 8 Pcs Scallops
- 100g Spinach Leaves
- Salt and Pepper

Garnish

- 20cl Cream
- ½ bunch Chives
- 50g Caviar
- 1 dash Lemon Juice
- Gold Leaf

Methods and Directions

SCALLOP AND SPINACH WITH OSCIETRA CAVIAR AND LEMON CREAM

- Place the puff pastry sheet on a baking sheet lined with parchment paper. Preheat oven to 160°C and bake it for 18 minutes.
- Cut the scallops to 5mm thick pieces, spread the sliced scallops on a parchment paper and tighten them, season with salt and pepper.
- Place the scallops in the freezer for a few minutes, then cut them into triangles of 6cm long and 3cm wide.
- On a stainless steel plate covered with plastic film, spread the spinach leaves. Cover with another layer of film and put the plate in a steam oven at 85°C for 3 minutes to blanch the leaves.
- Allow the leaves to cool down, place on the puff pastry.
- Place the scallops and garnish onto the puff pastry.

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