

Recipe of the Week

QLD Scallops with Cauliflower Puree & Bacon Crumble

1/2 Head Cauliflower, cut into florets
1 cup Milk
125g Unsalted Butter, cut into 2cm cubes

1 cup *Butcher on Bundock* Diced Bacon,
now available at Ingham Rd Seafood
1/2 cup Coarse Bread Crumbs

12 QLD Half Shell Scallops
2 tbsp Extra Virgin Olive Oil
40g Unsalted Butter
Micro Herbs, to garnish
Lemon Wedges, to serve



Cauliflower Puree: Place cauliflower in a food processor and process until finely chopped. Place cauliflower and milk in a saucepan, bring to the boil and simmer for about 8 minutes until cauliflower is very soft. Remove from heat and add 1 tsp salt and butter and stir until well combined. Return to food processor and process until smooth. Strain through a fine sieve set over a bowl, pressing down on the solids with a plastic scraper.

Bacon Crumble: Heat a frying pan over medium-high heat, add bacon and fry for a few minutes, stirring regularly until crisp and golden. Add bread crumbs, stir to coat then cook until golden.

Scallops: Remove scallops from the shell (wash and reserve shells to serve). Pat scallops dry. Heat a frying pan over medium-high heat, add 1 tbsp olive oil and half the butter. When butter is foaming, add 6 scallops and cook for about 10-20 seconds each side until golden, then season with sea salt. Remove scallops and set aside. Wipe pan clean with paper towel, then repeat with remaining oil, butter and scallops.

To Serve: Place a dollop of cauliflower puree in the centre of each scallop shell. Place scallop in the centre of the puree, then sprinkle generously with the bacon crumble. Place scallops on a large serving platter, garnish with micro herbs and serve with lemon wedges.

Recipe from Master Chef Series