

Cauliflower & Almond Purée, Scallop, Fish Roe & Grilled Hazelnuts

Sommelier's accord



Côtes de la Charité whites pair very well with seafood. His wine goes perfectly with a purée of cauliflower and almonds, seared sea scallops, fish roe for its saltiness and a handful of grilled hazelnuts.

Serve between 10 and 12°C



PREPARATION TIME

30 minutes

PORTIONS

6 persons

INGREDIENTS

- 1 cauliflower
- 2 potatoes (medium size)
- 1 white onion
- 2 spoonfuls white almond purée (no added sugar)
- 15 cl liquid cream
- 50 g butter
- 1 cube vegetable bouillon (optional)
- ½ lemon
- Olive oil
- 6 sea scallops
- 30 g butter
- Hazelnut oil
- Salt and pepper
- A handful of crushed whole hazelnuts
- Red and black lumpfish roe
- Garnish (optional): A few baby greens

PREPARATION

Start by making the purée. Peel the onion and cut it into thin slices. Peel the potatoes and chop them into chunks. Tear off the leaves of the cauliflower, cut it into florets and remove the stems.

Drizzle some olive oil into a sauce pan. Next, add the finely chopped onion and sauté for 5 minutes. Add the pieces of potato and cauliflower.

Along with the bouillon cube, add enough boiling water to cover the vegetables. Let the vegetables cook until they are nice and tender.

Drain the vegetables and set aside the broth. Blend them with the cream, butter, almond purée and a little lemon juice. Add salt and pepper. If the purée is a little on the thick side, you can add some of the vegetable broth until you get the texture you want.

Brown the butter in a frying pan. Then, grill the scallops for 1 minute on each side. They should be golden brown on the outside but still pearly white in the middle.

Presentation:

Put some purée in bowls. Add a deliciously browned scallop on top. Finish by topping with a few crushed hazelnuts, a drizzle of hazelnut oil and some salt, pepper and lumpfish roe. You can also add some baby greens as garnish.

Enjoy while hot!

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