

Recipe card



METROPOLITAN

Pan fried scallops, beetroot puree, creamy mash potato, hollandaise sauce & smoked bacon dust

Scallops:

4 large scallops' white meat only

Tbsp vegetable oil

Knob of butter

Pinch of sea salt

Preheat a pan over a high heat and add a tbsp of oil. Pat dry scallops with kitchen paper and season well, season with pinch of salt on both sides

Add the scallops to the pan flat side down and cook until golden brown, this will take 3-4 minutes. Do not move the scallops around in the pan as this will prevent them from cooking.

Turn the scallop over and cook for a further 1-2 minutes.

Add a knob of butter to the pan and baste the scallops.

Remove from the pan and serve immediately. The scallop should be springy to the touch and be just warm in the centre.

Beetroot Puree:

2 raw beetroots
50g of brown sugar
200ml of double cream
100ml of red wine vinegar
salt
pepper

Place the beetroot in a pan and cover with water, cook on a low heat. Add a pinch of salt, and leave to cook until soft, this could take up to two hours, you will need to top up the water throughout the process.

When soft, drain well and leave to stand for 30 min, peel the beetroots and roughly chop then return to the pan, stir them round to evaporate the last of the liquid. Cook with a little of the brown sugar and then pour in the red wine vinegar, cook further until the liquid is a nice caramel colour and then add the double cream, leave to cook, and thicken.

Place the mixture into a blender and blend until smooth, season to taste.

Hollandaise Sauce:

125g butter
2 egg yolks
1 tsp white wine or cider vinegar

Melt the butter in a saucepan and skim any white solids from the surface. Keep the butter warm.

Put the egg yolks, white wine or cider vinegar, a pinch of salt and a splash of ice-cold water in a metal or glass bowl that will fit over a small pan. Whisk for a few minutes, then put the bowl over a pan of barely simmering water and whisk continuously until pale and thick, about 3-5 mins.

Remove from the heat and slowly whisk in the melted butter bit by bit until it is all incorporated and you have a creamy hollandaise. (If it gets too thick, add a splash of water.) Season with a squeeze of lemon juice and a little cayenne pepper. Keep warm until needed.

Smoked Bacon Dust:

2 slices of smoked bacon

Place the slices of bacon on grease proof paper and bake in a pre heated oven at 180c for 12 minutes, once the time is up turn the bacon over and cook for another 8 minutes, the bacon should be dark brown. Take off the tray and leave to cool for 5 minutes, then place into a food mixer and blend until you have a fine dust.

Creamy Mash:

500g of Maris piper potatoes

75ml milk

1 Dessert spoon of butter

1 Dessert spoon of crème fraiche

Bring a large saucepan of water to the boil. Add the potatoes and boil for about 15 mins or until tender. Transfer to a colander and drain well, then return to the pan and set over a very low heat for 2 mins to dry completely.

Heat the milk and butter in a small pan, then pour over the potatoes. Remove from the heat, then mash potatoes using an electric hand whisk or potato masher. Tip in the crème fraiche and beat with a wooden spoon until smooth and creamy. Season with pepper and a pinch of salt.