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A taste of Maine - Recipe

TUESDAY, 26 OCTOBER 2010 04:44 **DINE & COOK STAFF REPORT**

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Pan Seared Jumbo Scallops with Parsnip Puree, Shaved Fennel & Beurre Monté

For Parsnip Puree:

Yield: 20 Servings

Serving Size: 4 oz.

Ingredients

- Parsnips, peeled 10 each
- Unsalted Butter, melted 8 oz.
- Whole Milk, heated 16 oz.
- Salt & Pepper to taste
- Nutmeg to taste, around 1 tsp.

Method

Cut parsnips into 2 inch chunks, place in cold water, and boil until fork tender. Drain parsnips. Using an immersion blender, combine all ingredients until a silky, smooth texture is achieved. Keep warm. Store at 40f or below.

For Shaved Fennel:

Yield: 20 Servings

Serving Size: 2 oz.

Ingredients

- Fennel Bulb, stalks removed 1 each

Shave fennel on a mandolin into 1/16 inch strips, taking care to avoid the core. Store in an airtight container at 40f or below.

For Beurre Monté:

Yield: 10 Servings

Serving Size: 1 oz.

Ingredients

- 4 oz. of 83% Unsalted butter, cut in ¼ in cubes, cold
- Water ½ oz.

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- Lemon Juice ½ oz.
- Tabasco 2 drops
- Salt To taste

Method

Place the water in a small pot and heat until boiling. Add the butter, 3-4 cubes at a time, whisking vigorously to emulsify the butter with the water.

Season with the lemon juice, tabasco, salt, and store in a warm area. If it's too hot it will break

To Serve

Yield: 1 portion

Serving Size: 2 scallops (U-10's)

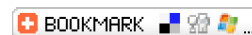
Ingredients

- Scallops (U-10's) 2 each
- Parsnip puree
- Shaved fennel 2 oz.
- Beurre Monte 1 oz.
- Fresh Lemon Juice ½ oz.
- Olive Oil ½ oz.
- Canola Oil 1 oz.
- Salt & Pepper To taste

Method

Season scallops with kosher salt and fresh black pepper. Heat a cast iron skillet over high heat until lightly smoking, add canola oil, then add scallops. Sear scallops until golden brown, turn, and put in a 350f oven for 2-3 minutes. While scallops are cooking, scoop 2 oz. of parsnip puree into the center of a pre-heated bowl. Season the fennel with olive oil, lemon juice, and salt at the last minute. When scallops are medium-rare, take them out of the oven and arrange atop a paper napkins then place them atop the puree. Sauce around the scallops with the Beurre Monté and garnish the plate with the crunchy fennel salad and serve.

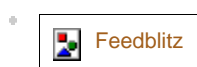
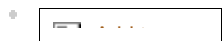
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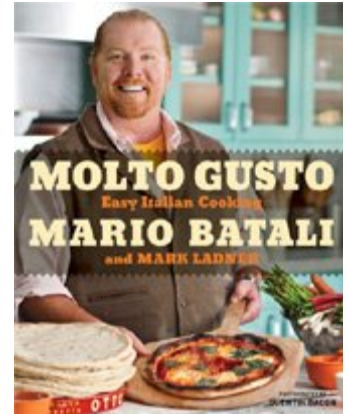
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