



Scallops

with shallot marmalade

10 shallots
unsalted butter
2 tablespoons sherry
vinegar
sugar
100 g (4 oz) cold unsalted butter

2-3 black salsify
fresh lemon juice
4 tablespoons (¼ cup)
chicken stock

1 tablespoon unsalted butter
2 tablespoons lemon juice
2 tablespoons olive oil
salt, cayenne pepper

8 to 12 scallops
crushed coriander seeds
oil
1 tablespoon cold unsalted butter

1. Peel and cut the shallots into thin slices. Separate into rings and cook slowly in a little butter in a saucepan over low heat. Deglaze the pan with half the sherry vinegar and sprinkle lightly with sugar. Repeat with the remaining vinegar. This process takes 20 to 25 minutes. Gradually stir in the cold butter. The shallot marmalade should be a light golden brown.
2. Peel the salsify and cut into batons. Sprinkle with lemon juice. Dry and cook with a little butter, sugar, lemon juice and 2 tablespoons of the chicken stock in a saucepan over low heat for 20 to 25 minutes, stirring occasionally. The vegetables should be tender and glazed.
3. Heat the remaining chicken stock and beat in the butter, lemon juice, olive oil, salt and cayenne pepper with an immersion blender.
4. Open and clean the scallops. Rinse and dry the white muscles. Sprinkle with salt, pepper and coriander. Sauté quickly in a little oil in a nonstick pan until golden brown, about 30 seconds per side. Make sure that the scallops are caramelized, with a lightly golden crust, to give character to the dish. Add the cold butter to the pan and let it sizzle for a few seconds and sprinkle it over each scallop with a few drops of lemon juice.
5. Arrange the shallot marmalade, salsify, scallops and sauce on heated plates. Garnish with parsley coulis for extra color and flavour.



Bagatelle Norway
by Eyvind Hellstrøm