

Pan fried scallops with honey & chorizo



Do all of your preparation before you start cooking and you'll have an elegant starter on the table in minutes. I've served it with a lemon "air", a stable flavoured foam, but you can easily leave this out if molecular gastronomy is not your thing. You should check that you are buying hand dived scallops as they are larger, significantly less destructive to the environment, more flavoursome and will not be full of grit. Your fishmonger can prepare them if you do not know how.

Ingredients [serves 4]

For the scallops

- 8 hand dived scallops, in the shell
- 16 broad beans
- 1 shallot, finely chopped
- 1 large clove garlic, finely chopped
- 60g fresh cooking chorizo, diced
- 2 spring onions, trimmed and sliced, white parts only
- 1 red chilli, finely chopped
- 1-2 tsp runny honey
- Juice of 1/2 lemon
- 25g unsalted butter

For the lemon "air"

- 175ml lemon juice
- 125ml water
- 1.8g liecite (soy lecithin)*

To serve

- Edible flowers (e.g. borage)
- Herb salad

*available from specialist on-line retailers

Method

1. Using a teaspoon, carefully remove the scallops from their shells and use your fingers to take off the "frill", orange roe and tough membrane around the white meat. Wash the meat well to remove any grit and dry completely using kitchen paper. Clean the shells to use as serving dishes.
2. Blanch the broad beans in boiling salted water for 4 minutes, then plunge straight into a bowl of iced water. This will ensure they are bright green in the finished dish. Once cool, discard the tough outer skins.
3. Soften the shallots and garlic in a frying pan for 5 minutes. Add the chorizo and cook for another few minutes until it starts to release its flavoursome oil.
4. Add the spring onions, blanched broad beans, chilli, honey and parsley and season with a squeeze of lemon juice. Keep warm over a very low heat.
5. Pan fry the scallops for 2 minutes in a pre-heated frying pan with a little oil. Flip, add a knob of butter, and cook for a further 2 minutes basting as the butter melts. Finally add a squeeze of lemon juice.
6. Mix all of the "lemon air" ingredients and warm gently in a large pan. Once ready, tilt the pan away from you and use a hand blender to create the foam.
7. Place two scallops each in four of the best shells and pour over the warm chorizo mixture. Spoon some lemon foam on to each dish and sit the shells on small piles of salt so they are stable to eat from.
8. Garnish with herbs and edible flowers.