

Scallops with pickled shallots and oyster dressing

Ingredients

For the pickled shallots

20g/³/₄oz cooked beetroot
50ml/2fl oz white wine vinegar
25g/1oz sugar
pinch salt
1 banana shallot, thinly sliced

For the oyster dressing

100ml/³/₂fl oz extra virgin olive oil
2 lemons, zest only
4 tsp white wine vinegar
pinch salt
8 oysters

For the salad

1 cucumber, peeled into long ribbons
1 Granny Smith apple, grated
1 fennel, thinly sliced with a mandolin
30g/1oz fresh dill, finely chopped
6 round radishes, sliced into discs
16 wild garlic flowers (optional)

For the scallops

2 tbsp extra virgin olive oil
28 queen scallops
1 lemon, juice only

Method

1. For the pickled shallots, bring 50ml/2fl oz water and all of the ingredients, except the shallots, to the boil. Put the shallots into a bowl and pour the pickling liquor over. Leave for at least 1 hour.
2. For the dressing, put all the ingredients and 50—100ml/2—³/₂fl oz water into a blender and blend until smooth.
3. For the salad, put the ingredients in a large bowl and mix well.
4. For the scallops, place a frying pan over a high heat and add the oil. Season the scallops with salt and put in the pan. Cook without moving the scallops for 40-60 seconds. Turn over and add the lemon juice.
5. To serve, put the salad and shallots around the centre of a plate. Top with the scallops and pour over the oyster dressing.

Preparation time

less than 30 mins

Cooking time

1 to 2 hours

Serves

Serves 4

This dish is perfect for when you want to serve something special but don't want to spend ages in the kitchen.

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