



Recipe based on Saint-Véran

Sea Scallops in Saint-Véran (for 4 people)

Sea scallops in Saint-Véran cooked in their shell, accompanied by a *julienne* of vegetables in saffron honey, white butter with satay and Serrano ham.

Ingredients

16 sea scallops (preferably from Erquy); 1 bottle Saint-Véran; 4 large shallots; 5 carrots; 8 Jerusalem artichokes; 20 cl *crème fraîche*; 100 grams butter; Satay (optional spice)

1 soup spoon of wine vinegar; saffron (or acacia) honey; 1 *bouquet garni*; salt & pepper

Preparation

Empty and clean the sea scallops, being careful not to detach the scallops from their shells. Put to one side.

Prepare a *bouillon* with 20 cl Saint-Véran, 20 cl water, the *bouquet garni*, salt and pepper.

Prepare the white butter with satay, to do this, finely chop the shallots in a pan then cover completely with the Saint-Véran and a soup spoon of wine vinegar. Reduce to 80% then add the *crème fraîche*, once the cream is hot, gradually add the butter, stirring with a whisk, then add the satay.

Prepare the *julienne* of carrots and Jerusalem artichokes (*Julienne* = cut into matchstick strips). In a pan, caramelize the honey and then cook the *julienne* for 3 to 4 minutes.

Add 2 soup spoons of *bouillon* to each sea scallop and bake in the oven for 3 minutes at 180°C. Add the *julienne* and white butter and return to the oven for a further 3 minutes.

Add a small flake of Serrano ham just before serving.

Tip: to ensure the sea scallops stay straight on the plate, you can sit them on some damp sea salt.

Recipe created by Adrien de YPARRAGUIRE, chef at the “La Courtille” Restaurant in Solutré.

