



SEARED SCALLOPS ON WILTED WILD GARLIC, WITH GARLIC FOAM

FOR THE FOAM:

Ingredients

4 cloves chopped garlic
20 cl fish stock
5 cl cream
10 gr butter

Method

Infuse the chopped garlic with the fish stock for about 30 minutes.
Add the cream and butter and cook for another 10 minutes
Allow to cool and keep at room temperature.
At the last minute froth the liquid with a hand blender and scoop the foam

FOR THE SCALLOPS:

Ingredients

4 Extra large scallops sliced into 3 length wise
1 cl vegetable oil
5 gr butter

Method

Sear the scallops on both side in the oil, add the butter and keep on basting for about 30 seconds, it should not take more than 1 minute to cook the scallops

FOR THE WILTED WILD GARLIC

Ingredients

12 large leaves of wild garlic
10gr un-salted butter
4 tablespoons of water

Method

Wash the wild garlic leaves in cold water.
Cut the leaves with a sharp knife into strips.
Add the water and the butter to a pan and bring to boil with a pinch of salt
When the water is boiling add the wild garlic and cook until the water has evaporated and the leaves have a wonderful shine.

To assemble

Place the wilted wild garlic on the plate, and then place the seared scallops on top.

Spoon over the garlic foam and serve.

CRISP WILD GARLIC FLOWERS

Pick and wash the wild garlic flowers and place in a bowl of cold water to wash gently. Remove from water and leave to drain on kitchen paper for about 10 minutes.

Make up tempura mix as per instructions and dip the garlic flowers into the tempura batter and fry in hot oil until golden and crisp. Drain on kitchen paper and serve.

NETTLE SOUP

250g picked and washed nettle tips

1 large leek washed and cut into dice

1 large peeled and diced potato

1 large peeled and diced onion

6 sprigs of fresh thyme

1 litre water, or chicken stock or vegetable stock

a dash of double cream

Blanch the washed nettles in boiling water for 4 minutes, drain and refresh in ice cold water to keep the colour.

In a hot thick bottomed saucepan heat the rapeseed oil and then add the diced leek, potato and onion (an a little seasoning at this stage to bring out the flavour and you will find you will need less salt at the end). Stir continuously for about two minutes to cook but do not let the vegetables colour. Add the fresh thyme and continue to cook for a further 2 minutes. Add the stock or water and simmer for 30 minutes. Add the blanched nettles and simmer for a further 5 minutes. Blend with a hand blender, add the dash of double cream, correct the seasoning and serve.