



Recipe  
suggestions

## Scallops with cauliflower and parmesan puree (serves 2)

### Ingredients

- > 6 large Scottish king scallops, roe-on
- > 250ml milk
- > ½ tsp salt
- > 1 tsp thyme leaves
- > ½ medium cauliflower, florets only
- > 50g parmesan, grated
- > 1 tbsp crème fraiche
- > 2 rashers pancetta

### Method

- > Bring the milk to boil in a large saucepan. Add the salt, thyme and cauliflower, then simmer for 12 mins. Strain, reserving the milk.
- > Transfer the cauliflower to a food processor with some seasoning, parmesan and 2 tbs of the reserved milk and process until smooth. Stir in the crème fraiche. Set aside.
- > Pan-fry the pancetta rashers until crisp, and cut into slivers.
- > Heat a heavy-based pan on a very high heat for 2 mins, rub both sides of the scallops with a little olive oil and cook for 40 seconds on each side, so the outsides are caramelized.
- > Lay the scallops on the puree and garnish with the pancetta rashers.

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