

Pan fried scallops with Jerusalem artichoke purée, Parma ham, black garlic purée, peas and pea shoots

- 6 evenly sized roe-less king scallops
- 6 slices Parma ham
- 20ml olive oil
- 1 Sandys Jerusalem artichoke purée sachet
- 120g mayonnaise
- 20g Black Garlic cloves (approx. 8 cloves) or paste
- 20g cold butter
- 20ml olive oil
- 50g frozen peas defrosted
- 1 small handful of pea shoots for garnish
- Squeeze of lemon juice

FOR THE PURÉES:

Fill a saucepan with enough water to immerse your artichoke purée sachet. Bring to the boil then set aside for later.

Blend the black garlic cloves with the mayonnaise and set aside. If you have a clean squeezy bottle, transfer the purée into the bottle to use when plating the dish.

CRISPING THE PARMA HAM:

Add the olive oil to a pan bringing to a medium heat. Gently lay the Parma ham slices into the pan flat. Once the ham starts to crisp, turn the slices. Once completely crisp, transfer the ham to some kitchen paper to absorb the excess oil.

Add the Jerusalem artichoke purée sachet to the hot water in your saucepan and allow to simmer, not boil, for 5mins.

FRYING THE SCALLOPS:

Clean your pan and add the remaining 20ml of olive oil, bringing the heat to medium high. Add the scallops flat, turning gently with a spoon when they're golden on the underside. Turn the heat down and add the cold butter spooning it over the scallops as it melts. Now is a good time to add a squeeze of lemon to the pan.

The scallops are ready when they start to feel firm around the middle.

Remove the scallops to a warm dish and keep warm while you add your peas to the buttery pan for 3mins, tossing the pan to coat the peas in the butter.

FINISHING THE DISH:

Squeeze or drizzle the black garlic purée on to each plate, then spoon the warmed artichoke purée onto the centre of the plate. Arrange the scallops in a row adding a slice of crispy Parma ham in between each scallop. Spoon the peas around the edges and garnish with the pea shoots. If desired, add a squeeze of lemon juice and a drizzle of good olive oil.

TIPS:

If using fresh peas, simmer them in a saucepan of water before adding to the buttery scallop pan.

Cube your cold butter and leave it in iced water by your cooking surface to ensure easy access when frying your scallops.

If you like truffles, a drizzle of truffle oil can be used in place of the final olive oil and lemon juice dressing.