

SEARED HERVEY BAY SCALLOPS, CAULIFLOWER, CAPERS, GOLDEN SULTANAS, INDIAN SPICES, TOMATO, FINGER LIME SALSA



Serves 6
Gluten free and dairy free

Ingredients

- 18 Scallops (muscle removed)
- 1/2 a medium sized cauliflower head
- 75g unsalted butter

Garnish

- 1/4 cup golden sultanas
- 1/3 cup warm apple juice
- 2 golden shallots sliced thinly
- 1 tbsp chives
- 6 cherry tomatoes cut into 6ths
- 6 grape tomatoes cut into 6ths
- 2 finger limes scooped out
- 1 tsp baby capers
- 1 tbsp wasabi cress

Curry Oil

- 100ml warm olive oil
- 1 tsp cumin
- 1 tsp coriander seeds
- 1 tsp fenugreek
- 1/4 tsp turmeric powder
- 1/2 tsp ground ginger
- 1/4 tsp allspice
- pinch sea salt

Method

1. Add warm apple juice to sultanas to infuse for four hours. Strain.
2. Add warmed olive oil to spices, infuse for three hours. Strain.
3. Cut 18 small florets of cauliflower and 12 thin slices of cauliflower.
4. Steam the remaining cauliflower flesh then blend with the butter and season to taste.
5. Sauté the cauliflower florets in 20ml of curry oil – approximately two minutes.
6. Sear scallops in a pan on high heat, 30 seconds on one side only

Plate up:

1. Spoon warm cauliflower puree onto plates, place scallops on top,
2. Arrange fresh tomato, cauliflower florets and raw cauliflower slices, sliced shallot, chives, sultanas and finger limes.
3. Garnish with wasabi cress, baby capers and drizzle with remaining curry oil.