

Miele

Steamed scallops, chicory, cucumber, citrus

By Michael Meredith

10 minutes

Preparation time

10 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Citrus dressing

1 tbsp lime juice
1 tbsp lemon juice
1 tbsp mixed lemon, orange, grapefruit and lime fine zested
1 tbsp cashew butter
1½ tsp white soy sauce
1 tsp castor sugar
100 ml grapeseed oil
140 g mixed dice segments of orange, grapefruit, lemons, limes
1 tbsp chopped chives

Chicory

50 g butter
1 tbsp caster sugar
400 ml water
1 tbsp chardonnay vinegar
Salt to taste
2 red chicory (also called endive in some places)

To assemble

16 large scallops
Salt flakes and pepper, to taste
3 baby cucumbers cut in quarters and lightly salted
2 red radishes, thinly sliced
50 g baby coriander, picked

METHOD

Citrus dressing

1. In a small mixing bowl, whisk together the lemon juice, lime juice and zest, cashew butter, soy sauce, sugar and grapeseed oil until emulsified.
2. Add the segments and chives and keep to the side.

Chicory

1. In a medium sized saucepan, place all ingredients except for the chicory and place on medium heat, Induction setting 6 until a simmer is achieved.
2. Whisk the liquid so everything is emulsified and then place the chicory into the saucepan and reduce to Induction setting 4. Cook for 3-4 minutes, or until the chicory is tender.

To assemble

1. Place the scallops onto a perforated steam container lined with baking paper, and lightly salt the scallops. Place into the Steam Oven and steam at 85°C for 2 minutes.
2. Peel off some of the cooked chicory leaves and place on the bottom of the plate.
3. Scatter over the citrus and place scallops on top.
4. Arrange the cucumbers around the plate, spoon dressing over the top, add radishes and coriander and serve.