

Miele

Scallops baked in bread

By Shannon Bennett

1 hour

Prep time

20 minutes

Cooking time

8 Servings

Serves



INGREDIENTS

Dough

390 g spelt flour
1 teaspoon olive oil
6 g salt
½ teaspoon sugar
10 g fresh yeast
280 ml water

Scallops

24 large scallops in shells with roe
Sea Salt and freshly ground black pepper
150 ml fish stock
1 clove garlic, crushed
2 tarragon leaves
½ cup bulb finger fennel (or baby fennel),
finely diced
¼ cup of carrot, peeled and finely diced
¼ cup stick celery, finely diced
¼ cup leek, finely julienned
¼ cup zucchini, core removed, finely
julienned
40 ml white wine
20 ml vermouth (Noilly Pratt)
¼ teaspoon Murray River Sea Salt
25 g butter
teaspoon cayenne pepper
1 teaspoon lemon juice
2 teaspoons olive oil
1 egg, lightly beaten

METHOD

Dough

1. Combine all ingredients a bowl of an electric stand mixer fitted with a dough hook. Work the dough on speed 3 for 15 minutes.
2. Pre-heat the oven on conventional at 40°C. Transfer the dough to a lightly greased bowl and cover with plastic wrap. Prove in the oven for 40 minutes or until doubled in size.
3. Place the dough on a clean, floured work surface and knead for 5 minutes. Set aside.

Scallops

1. Remove the scallops from their shell and separate the roe from the scallop. Season the roe and pierce once with the point of a paring knife. This will prevent the roe from curling during the cooking process. Set aside in the refrigerator until required.
2. Clean 8 shells with a brush and soapy water or clean in a dishwasher.
3. Place the fish stock in a pan on medium heat, Induction setting 6-7 and bring slowly to the boil. Add the garlic and tarragon leaves.
4. Add the fennel and cook for 1 minute before adding the carrot, celery, leek and zucchini. Cook for a further minute. Scoop the vegetables from the stock and set aside in a bowl to cool. Reserve stock.
5. Place the reserved stock in a medium pan with the wine and vermouth, bring to the boil, cook until the liquid has reduced to of the original amount. Gradually whisk in the butter a little at a time, until the sauce has thickened and is smooth and shiny.
6. Season the sauce with salt, cayenne and a little lemon juice and set aside.
7. Heat olive oil in a small frypan on medium heat, Induction setting 6-7. Add the olive oil to the pan along with the scallop roe and fry for 30 seconds. Set aside.
8. Using aluminium foil, tear off small strips of foil and scrunch into a log shape. Turn into a circle and sit the cleaned shells (2 per person) on top to stabilise during cooking.

To serve

1. Evenly distribute the vegetable mix into the base of each shell. Place 3 scallops and 3 roe on top of the vegetables. Season with salt and pepper.
2. Brush the edges of the shells with egg.
3. Spoon a generous amount of the cooled sauce over the scallops.
4. Pre-heat the oven on Fan Plus at 180°C.
5. Portion the dough into 40 g pieces. Roll dough into rounds on a lightly floured surface big enough to be 2 cm larger than the diameter of the shell.
6. Place discs of dough onto each shell and press to seal around the edges.
7. Brush the top of the dough with egg and bake for 10 minutes or until crisp and golden in colour.
8. Serve immediately.

Hints and tips

- Spelt bread dough leftovers can be made into bread rolls.