

Miele

Steamed scallops, chicory, cucumber, citrus

By Michael Meredith

10 minutes

Preparation Time

10 minutes

Cooking Time

4

Serves



INGREDIENTS

Citrus dressing

- 1 tbs lime juice
- 1 tbs lemon juice
- 1 tbs mixed lemon, orange, grapefruit and lime fine zest
- 1 tbs cashew butter
- 1½ tsp white soy sauce
- 1 tsp castor sugar
- 140g of mixed dice segments of orange, grapefruit, lemons, limes
- 100ml grapeseed oil
- 1 tbs chopped chives
- 16 large scallops
- 3 baby cucumbers cut in ¼ and lightly salted
- 2 red radishes, thinly sliced
- 50g baby coriander
- 50g butter
- 20g castor sugar
- 400ml water
- 1 tbs chardonnay vinegar
- Salt to taste
- 2 red chicory

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.

Scallops

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.

To serve

1. Peel off some of the cooked chicory leaves and place on the bottom of the plate.
2. Scatter over the citrus and place scallops on top.
3. Arrange cucumbers around the plate, spoon dressing over the top, add radishes and coriander and serve.