

Sunvil Supper Club

find the real country

June 2015 - **Flash-fried Scallops**



Ingredients - Starter for 4

Salad

10 prime green asparagus
100 g trout roe
1 ciabatta (migas)
50 g butter
100 ml water
1 shallot onion

Creamed tomatoes

8 yellow tomatoes
30 g honey
200 ml olive oil
salt and pepper

Flash-fried scallops

12 scallops
oil and butter for frying
salt and pepper
Parmesan to finish

Method

Rinse and tail the asparagus, slice thinly lengthwise and place in ice water. Grate the bread coarsely, and fry in olive oil and salt at a low setting, until crisp; this is called migas. Simmer water and butter until blended. Season with salt, sugar and pepper. Peel and thinly slice the onion. Heat the asparagus in the butter, lift out of the pot and place on a kitchen towel. Mix together the asparagus, trout roe, migas and shallot. Flavour with olive oil, salt and pepper.

Halve the tomatoes and remove all the pulp. Place pulp in a blender and mix with the honey, salt and pepper. Leave the blender on and slowly add the olive oil. Wipe the scallops with a little kitchen paper. Heat up a frying pan and fry the scallops in the oil. Finish with butter, salt and pepper.

TO SERVE

Place the asparagus salad and scallops on plates, and drizzle the creamed tomatoes over the top. Garnish with coarsely-grated Parmesan cheese. Finish with a little flavoursome olive oil and salt flakes.

This recipe is courtesy of Head Chefs Görgen Jonsson and Marcus Bengtsson at Restaurant Sand in Bastad, Southern Sweden. Flash-fried scallops with a green asparagus, trout roe and migas salad, finished with creamed yellow tomatoes.

The southernmost region of Sweden, Skåne is a land of undulating countryside, orchards, vineyards and glorious stretches of sandy beach. The region is familiarly known as the breadbasket of the country and is synonymous with good food. Asparagus, strawberries, raspberries, potatoes, apples, cabbages and parsnips are all grown locally. Combine these ingredients with the local lamb, dairy products, goose, cured ham, suckling pig, freshwater fish and seafood and you are guaranteed a delicious feast.

Discover the cuisine of Skåne on www.skanskamatupplevelser.com

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