



**Trio of scallops – Seared w/ Swiss Chard, Poached w/ Chilli-beet
Polenta Tempura w/ Asparagus.....chocolate sauce**

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Café Coco



Seared Scallops with swiss chard

Ingredient	Measure	Weight
Scallops	3pc	1/3lb
Swisschard,washed/trimmed		6oz
Veg oil	1/2T	
Butter	1/2t +	1oz
Shallot, finely chopped	1pc	
Garlic, finely chopped	1 clove	
Salt & pepper	pinch	

Method

In a saute pan add 1t oil and 1/2t butter. Sautee chard until getting soft...add the shallot and garlic...cook until aromatic. Finish with butter, salt & pepper. Over Med-high heat sear scallops in a pan with veg. oil until a golden on both sides (med-rare) adding a little butter to the pan. Once cooked, remove from pan and keep warm.

Poached Scallops with chilli-beet polenta

Ingredient	Measure	Weight
Scallops	3 pc	1/3lb
Chicken stock	24fl oz	
cilantro	1lg sprig	
Polenta (fine)	2oz	
Chipotle pepper	1t	
Beetroot (peeled)	1 small	3oz
Salt		
butter	1t	

Method

Bring chicken stock and cilantro to a simmer. Season with salt. Add scallops to stock and poach until rare –med. rare...remove and set aside. Reserve _ of the heated stock and keep warm(having discarded the cilantro). Microplane beetroot and add to the same pot scallops were cooked in...then add the chipotle pepper (finely chopped). Let simmer until beetroot is almost cooked. Add, polenta in a fine stream stirring constantly to prevent lumps. Cook very slowly until smooth and creamy texture (adding more stock if necessary). Add butter and salt and pepper to finish

Asparagus Tempura

Ingredient	Measure	Weight
Scallops	3pc	1/3lb
Asparagus, trimmed	6 stalks	
AP flour	1C	
Tempura flour		5oz
Water	5oz	
Soya oil (for frying)	5C	
Sea salt	pinch	
Ice cubes	4oz	

Method

In a small bowl mix tempura flour and water until just combines. Add a few ice cubes and keep cold until ready for use. Dust scallop and asparagus with ap flour. Dip in tempura batter to coat. Fry in oil at 350F. Once golden brown, remove from oil drain and place on paper towel to blot excess oil...season with fine sea salt while still warm.

Chocolate Sauce

Ingredient	Measure	Weight
Cabernet sauvignon	4T	
Cab. Sauv. vinegar	1t	
Veal stock	5oz	
grape tomatoes, (chopped)	2 ea	
shallot, thin slices	_ ea	
cilantro	1 sprig	
Long pepper, grated	1 pc	
Licorice root, grated	pinch	
Chocolate, 75%	8 pistole	1/3oz
butter	1t	
salt	pinch	

Method

In a small pan reduce wine & wine vinegar by 1/2...add the veal stock, tomato and the aromatics and reduce by _-4/5. Add, the chocolate, emulsifying it into the sauce then add the butter in the same way. Check for salt (add if necessary) strain to serve.

Plating

Ingredient	Measure	Weight
Cilantro	3 sprigs	

Method

Plate a mound of chard on the plate just off center...top with the seared scallop. Place a mound of polenta next to the chard and top with the poached scallop...place sprig of cilantro atop. Place tempura scallop in between the two other presentations add asparagus vaulting upwards