



PAINFRIED SCALLOPS, CITRUS FRUIT SALAD AND MAYONNAISE

Ingrédients

- Scallop - 12
- Olive oil
- Salt & pepper
- Courgettes - 250 g
- Lemon - 1
- Grapefruit - 1/2
- Lime - 1
- Alfafa sprouts
- Egg yolk - 1
- Teaspoonful mustard - 1
- Peanut oil - 2 dl

Préparation

Scallops :

Open the scallop shell.

Remove the beards and any black parts, separate the yellow and white parts and put in the fridge.

When ready to serve, season and fry in olive oil browning well on both side.

Serve soft.

Courgette tagliatelle :

Cut the courgettes into strips.

Blanch and sauté in olive oil.

Petit pot de salade :

Peel the fruit with a sharp knife and remove the supremes.

Dice. Collect the juice from the fruit, mix with twice the amount of olive oil.

Season the alfafa with this sauce when ready to serve.

Crème de cassis de Dijon Briottet mayonnaise :

Mix the egg yolk, mustard and seasoning with a whisk.

Delicately add the peanut oil until it stiffens.
When stiff, thin with the crème de Cassis de Dijon.

Recipe made from Crème de Cassis de Dijon Briottet.

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