

Seared Scallops, Brown Butter & Cauli Risotto



Serves 4

Prep 15 mins

Cooking 15 mins

Easy

Ingredients

1 large cauliflower trimmed and roughly chopped
50g butter plus 2 tbsp
olive oil
1 tbsp sage, chopped
1 tbsp thyme, chopped
100ml double cream
8-12 king scallops, without roes

1. Put the cauliflower in a food processor and pulse until it looks like rice.
2. Heat 1 tbsp butter and 1 tbsp oil in a non-stick frying pan and heat until the butter starts to foam. Add the herbs and fry for a minute, then add the cauliflower. Stir-fry for 8-10 minutes until tender. Add the cream and simmer for a few minutes until it thickens slightly, and coats the cauliflower grains. Remove from the heat, cover the pan and keep warm while you fry the scallops.
3. In a small saucepan, heat the 50g butter on a medium heat until melted. Keep heating the butter, whisking all the time, until it starts to smell nutty, and the milk solids turn a light brown. Pour into a heatproof bowl to ensure the brown butter doesn't burn.
4. Pat the scallops dry with kitchen paper, and season with a pinch of fine salt. Heat another 1 tbsp of butter and 1 tbsp oil in a non-stick frying pan on a high heat, until foaming and fry the scallops for 1-2 minutes on each side until they form a golden crust.
5. Divide the cauliflower risotto between 4 plates or shallow bowls. Top with the scallops and spoon over the brown butter to serve.