

World Gourmet Summit 2006  
Culinary Masterclass  
Singapore Tourism Board, Auditorium

19 April 2006 / 9.30am – 11.00am

SEARED SCALLOPS WITH CAULIFLOWER PUREE  
& ROASTED APPLES

Presented by  
Masterchef Alessandro Stratta

**Serves 4**

**Ingredients:**

**Cauliflower Puree**

300g Cauliflower florettes, chopped  
350ml Cream, cold  
Salt and freshly ground pepper,  
to taste

**Hazelnuts Powder**

80g Whole peeled hazelnuts  
185ml Whole milk  
15g Granulated sugar  
1ltr Peanut oil, for deep-frying

**Roasted Apples**

Honey  
20g Fuji apples, peeled, cored and cut  
2 into 1/4-inch segments  
Fleur de sel and cracked black  
Pepper, to taste  
10g Butter

**Seared Scallops**

4 x 80g Fresh scallops  
20ml Olive oil  
20g Butter  
Salt and freshly ground pepper, to  
taste

**Garnish**

Hazelnut Powder



## Method

1. For the cauliflower puree: Place chopped cauliflower in a saucepan; add the cold cream and simmer for 2 hours, until cauliflower is completely cooked. Season well and transfer to a food processor. Pulse on high-speed until mixture is smooth and velvety. Pass through a fine sieve and set aside to cool. The puree should be the consistency of mayonnaise.
2. For the hazelnuts: Place the hazelnuts in a saucepan; add milk and salt and simmer over low heat until very soft. Drain well and toss with the granulated sugar. Once dried; deep –fry the hazelnuts in peanut oil until golden brown. Lay them out on a non-stick pan and dry in a preheated oven at 150°C for 2 hours. Blend the hazelnuts until grainy and then store in an air-tight container until use.
3. For the roasted apples: Heat honey in a heavy pan over medium heat until it begins to turn lightly brown. Add the apple and allow to brown evenly without stirring them in the pan. Once it turns golden brown; season with fleur de sel and cracked black pepper. Remove and keep warm.
4. For the seared scallops: Clean the muscle off the scallops and do not rinse. Heat a heavy sauté pan over high heat and add the olive oil. When the oil begins to smoke, season the scallops well and sear the scallops until brown. Add the butter and cook for another minute in the browning butter. Drain on absorbent paper towel and prepare to serve.
5. To serve: Warm the cauliflower puree and spoon it in the center of each shell. Arrange the seared scallops on top and add roasted apples wedges. Sprinkle with hazelnut powder.