

World Gourmet Summit 2006
Culinary Workshop and Luncheon
The Grand Hyatt, Singapore

25 April 2006 / 10.00am to 2.30pm

SAUTEED KING SCALLOP WITH SUGAR SNAP PEAS
AND SQUID INK SAUCE

Presented by:
Guest Chef Kevin Thornton

Serves 1

Ingredients

Scallops

- 1 King Bear Island scallops, cleaned
- Sea salt and fresh ground white pepper,
- 14 g Virgin olive oil
- 1 Lemon

Sugar Snap Peas

- 5 g Shallots, diced
- 60 g Sugar snap peas
- 4 g Chives, finely chopped
- 1.5 g Virgin olive oil

Squid Ink Sauce

- 1 Shallot, diced
- 1 Fennel bulb, roughly chopped
- 1 Star anise
- 1 Cloves
- 2 White peppercorns
- 3.5 ml White wine
- 3.5 ml Dry Martini
- 3.5 ml Pernod
- 14 ml Squid ink
- 42 ml Fish stock
- 14 ml Cream
- 0.5 g Sea salt
- 0.2 g Freshly ground white pepper
- 1 Lemon, juiced

Sea Urchin Sauce

- 1 Sea urchin, removed from shell (save shell for presentation)
- 1 Bay leaf
- 1 pinch Salt
- 3 White pepper corns
- 10ml Brandy
- 250ml Cream



Diced Vegetables

25 g	Carrot, diced
25 g	Celery, diced
1 pinch	Lime powder

Garnish

10g	Beluga Caviar
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Method

1. For the scallops: Season the scallops with sea salt and freshly ground pepper. Then, rub with olive oil. Heat the pan and sauté the scallops until they are brown on both sides. Transfer them in a pre-heated oven at 170°C for 2 minutes. Remove and squeeze lemon juice over the scallops and it is ready to serve.
2. For the sugar snap peas: Sauté the diced shallots in a pan, and add in the peas. Season to taste, and then, add the chopped chives. Mix well and refrigerate until ready to serve.
3. For squid ink sauce: Heat the pan and sauté the diced shallots and chopped fennel until translucent. Add in Martini and Pernod and reduce liquid by half. Add in fish stock and reduce by half again. Add in squid ink and lemon juice and reduce by half. Add in a drop of still water and season to taste. Strain off liquid and set aside.
4. For sea urchin sauce: Crush the sea urchin and save the juice from the shell. Cook in a pot and reduce liquid by half. Add in bay leaf, salt, white pepper corns and a capful of brandy. Strain liquid through a muslin cloth. Add an equal amount of cream to the liquid and stir until well incorporated. Add in oil and continue stirring.
5. For diced vegetables: Bring a pot of water to the boil, add in carrots and celery. Cook for about 3 minutes. Strain away water and sprinkle lime powder over the vegetables.
6. To serve: Place a 6-cm ring mould in the center of a plate and fill with sautéed snap peas. Place one scallop on the top and remove ring mould. Spoon squid ink sauce around the plate. On a separate plate, put some dry ice in the middle. Place reserved sea urchin shell on top. Fill shell with a spoonful of diced vegetables and finish with sea urchin sauce. Serve both plates together.