

Entrée Scallops with Tomato and Basil (Serves 1)



Ingredients

- 3 Scallops on the half shell
- 1 medium Tomato
- Juice of 1/4 lemon
- 1 garlic clove (finely chopped)
- Olive oil
- 2 tbles chopped Basil
- Salt and Pepper

Method

Skin the tomato (sit in boiling water for 10 seconds to make that easy) then de seed and finely chop.

Place the scallops on their shells on mounds of the rock salt, add olive oil, salt and pepper and cook under a moderate grill for about three minutes.

Put a good lug of olive oil in a frying pan then add the garlic, tomato, and basil.

Cook until the tomatoes have just started to soften.

Place mixture on each Scallop and serve. Yum.

Entrée Scallops with Alliola (Serves 1)



Method

Coarsely chop 1 garlic clove add to oven proof pan with a big slug of extra virgin olive oil, the thyme leaves and bread crumbs (These can be quite large) Pop into a preheated moderate oven for about 15mins or until golden and crispy.

Place the scallops on their shells on mounds of the rock salt add olive oil salt and pepper then place under a moderate grill for about three minutes until just cooked.

Make the Alliola by crushing the second garlic clove mix with the mayonnaise, salt and pepper to taste.

Remove the breadcrumbs from the oven drain and crush till you achieve a rough crumb.

Place a dollop of Alliola on each scallop a sprinkle crumbs thickly on each. Put back under the grill for a further 2 mins.
Serve with Lemon.

Ingredients

- Three scallops on the half shell
- 50gsm stale breadcrumbs
- 2 cloves garlic
- 1 small pinch fresh Thyme leaves
- 3 tbles good mayonnaise
- Olive Oil
- Salt and pepper
- 250gms of rock salt