

SCALLOPS IN SEALED SHELLS ?

MAIN DISH

Ingredients (For 4 people)

- 12 large scallops on the shell
- 12 strips of puff pastry of a thickness of 5 cm each, to seal
- 360 g leeks
- 360 g parsnips
- 60 g shallots
- 15 cl white wine
- 300 g thick cream
- 1 egg
- 30 g butter
- 60 g truffle spheres
- Salt and pepper

Preparation:

In advance:

Open and wash the scallops and shells in cold water. Dry the scallops well and chill well to reserve for 15 minutes to slow the cooking process to follow.

Chop the leeks and cube the parsnips into a brunoise. Finely chop the shallots.

Cooking:

Sauté the shallots in the butter and add the chopped leeks and parsnip brunoise.

Heat this mixture without browning it, deglaze with white wine, and reduce for 2 minutes.

Add the thick cream, stir and season.

Preheat the oven to 180 °C.

Place 2 tbsp of the vegetable mixture on the bottom of each cold shell, add a scallop, and garnish with a few truffle spheres.

Cover the shell with its top and seal it with a strip of puff pastry dough.

Brush the pastry dough with beaten egg and bake for approximately 15 minutes until the pastry is golden brown.

