

Caramelized Scallops

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Preparing a party? This extravaganza finger food recipe will delight and satisfy the most demanding gourmand; the caramelized scallops are marinated with Grand Marnier Louis Alexandre!

Ingredients

To marinate:

- 12 jumbo fresh scallops
- The juice of one orange and optional: the zest
- 1 tablespoon honey
- 2 tablespoons brown sugar
- 1 tablespoon sunflower oil
- 2 tablespoons Grand Marnier Louis Alexandre

To cook:

- 1 tablespoon olive oil

To present:

- 1 glass-mixing bowl
- 2 pounds rock salt
- 4 forks + 8 dessert forks

Preparation Time	10 min	Difficulty	Simple
Portions	6 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Marinate the scallops: Remove the white, small, thick muscle on the side of the scallops with the point of a paring knife; place the scallops in a non-reactive bowl. Add the orange zest if using it, the orange juice, honey, brown sugar, sunflower oil, and Grand Marnier "Louis Alexandre". Mix with a spoon, making sure that the scallops are totally covered by the marinade. Wrap with cling film and place in refrigerator for 24 hours.

Cook the scallops: Strain the scallops in a sieve or colander, and collect the marinade. Place the marinade into a small saucepan, and reduce by half over medium heat.

Sauté the scallops in olive oil in a smoking hot pan for one minute, then add reduced marinade and cook until

caramelized; be careful, it will go fast!

Serve: Pour rock salt into the glass bowl, prick each scallop with a fork then stick the fork handle into the salt, scallops facing up. Serve immediately.

Notes

How to prepare scallops? You can buy scallops that have been already prepared by a fishmonger - but if you can get them fresh in the shells, this is how to open them:

Hold the scallop, flat side up in a thick cloth. Put the point of a small, strong knife into the gap near the hinge and twist it sharply to open. Then, take a long-bladed knife, and slide it right across, just inside the flatter part of the shell, severing the connecting muscle that automatically opens the whole thing up. Scoop it from the other half, with a similar action, keeping the contents intact. On a board, cut off the frill (which is really the scallops eyes) and keep it for sauces. Discard everything except the pink roe and the white meat.

Cooking scallops: Never over-cook them - they need the briefest time imaginable and are even perfectly delicious eaten almost raw!