

Baby Scallops au Gratin with Mushrooms Duxelles

Author: Chef Eric



Baby scallops au gratin with mushrooms Duxelles is a great dish. The scallops are lightly poached and tossed in a creamy velouté, served over a dry mushroom puree.

Ingredients

1 pound fresh baby scallops
3 to 4 tablespoons bread crumbs

Mushroom Duxelle:

2 tablespoon butter
1 onion
½ pound fresh mushrooms
Salt and pepper

Court Bouillon:

1 celery branch
1 cup cold water
1 cup dry white wine
1 bay leaf
Salt and pepper

For the sauce:

3 tablespoons butter
3 tablespoons flour
¼ cup thick cream (35%)
Cooking liquid from court bouillon

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| Preparation Time | 45 min | Difficulty | Normal |
| Portions | 4 servings | Yield | |
| Country/Region | | | |
| Vegetarian | No | | |

Preparation

Make a mushroom Duxelle: Roughly chop the onion, and clean and quarter the mushrooms. Place onion and mushrooms in a food processor and chop finely. In a saucepan, melt 2 tablespoons of butter and add the chopped onion and mushrooms. Cook for 10 minutes or until mostly dry.

Make a court bouillon (short stock): Make the "court bouillon" by cooking cold water, white wine, slice celery, salt, and a bay leaf together for 10 minutes. Poach the scallops in simmering

"court bouillon"

for 2 minutes maximum, and take off of the heat. Put the cooking liquid through a fine strainer and set aside.

Make the sauce: In a separate saucepan, melt butter and add flour. Cook the roux for 2 minutes, and then add $\frac{3}{4}$ cup of the cooking liquid and $\frac{1}{4}$ cup of cream. Add liquids to the roux in small quantities to obtain a very smooth sauce. Whisk constantly and add remaining liquid until the desired consistency is reached (the sauce must be thick enough to coat the back of a spoon). Add the strained scallops and mix well. Taste and rectify the seasoning according to your taste.

Finish the scallops gratin: Place the mushroom Duxelle on the bottom of a baking dish, cover with the scallops, and sprinkle a fine layer of the bread crumbs all over. Place under the grill of the oven until golden brown and serve immediately.

Notes

History: Duxelles is said to have been created by the 17th-century French chef François Pierre La Varenne (1615-1678) and to have been named after his employer, Nicolas Chalon du Bl., marquis d'Uxelles, marchal de France.