



Bay of Fundy Coquilles Saint-Jacques

(Serves 1 person)

Ingredients:

Bay of Fundy Scallops, 10-20 count
Breadcrumbs, panko
Butter, cold
Tarragon, fresh
Mushrooms, cremini, small diced
Shallots, small diced
Beef Broth/Stock
Tomato Paste
Parsley, chopped
Garlic, fresh, minced
35% Cream
Oil, grapeseed or olive
Salt, kosher
Black Pepper, fresh ground

Amounts:

2
5 g
10 ml
approximately 12 leaves
2
5 g
40 ml
15 ml
Use as garnish
5 g
40 ml
60 ml
As needed
As needed



Instructions:

1. Season scallops with salt and pepper. Add 30 ml of oil to pan and heat to the point where pan is slightly smoking.
2. Add scallops to pan. Sear on one side only. Approximately 2 minutes.
3. Remove from heat and add cold butter. Baste scallops with soup spoon.
4. Remove scallops from heat and set aside.

For the Sauce:

1. Add 30 ml of oil to same scallop pan. Heat pan to the point where pan is hot, but not smoking.
2. Add mushrooms, shallots and garlic, sweat for 1 minute.
3. Add beef broth/stock and tomato paste and reduce by half. Add cream.
4. Toss the tarragon leaves in the sauce. Season with salt and pepper to taste.
5. Spoon 3/4 of sauce in "shell" or other vessel you may have. Add scallops and spoon left over sauce on top.
6. Sprinkle with panko breadcrumbs and broil on high until golden brown. (Do not leave oven unattended as this process will be very quick.)
7. Sprinkle chopped parsley on top of dish and, if using scallop shell, serve on bed of sea salt for a presentation that will be sure to WOW your guests!

Notes:

1. This recipe makes 1 "shell". You can adjust the recipe if you have more guests.
2. The scallop shell is optional, and any heat proof vessel will do.

This recipe is brought to you by Sous Chef Kris Gaudet from the Halifax Convention Centre.