



GRAHAM BECK

MÉTHODE CAP CLASSIQUE



GRILLED SCALLOPS WITH CAULIFLOWER PUREE & BEURRE BLANC SAUCE



SERVES:

6 People

FOR THE CAULIFLOWER PUREE:

1 onion, finely chopped
5 ml (1 tsp) crushed garlic
60 ml (¼ cup) butter
30 ml (2 tbsp) olive oil
5 ml (1 tsp) salt
1 head cauliflower, chopped into florets
250 ml (1 cup) cream

FOR THE BEURRE BLANC:

125 ml (½ cup) Blanc de Blancs
30 ml (2 tbsp) finely chopped onion
125 ml (½ cup) cream
125 ml (½ cup) chilled butter, cubed

FOR THE CARAMELIZED CAULIFLOWER STEAKS:

30 ml (2 tbsp) olive oil
45 g butter
8 sprigs thyme
6 cauliflower steaks
Salt and pepper, to season

FOR THE SCALLOPS:

30 ml (2 tbsp) olive oil
Salt and pepper, to taste
500 g scallops, cleaned

TO SERVE:

60 ml (¼ cup) flaked almonds, toasted
60 ml (¼ cup) raisins soaked in 60 ml (¼ cup)
Graham Beck Blanc de Blancs

METHOD:

For the cauliflower puree; place the onion, garlic, butter, olive oil and salt in a medium saucepan over medium heat. Cook for 5-7 minutes or until golden and caramelized.

Add the cauliflower and cook for another 8-10 minutes until caramelized. Add cream and cook until soft. Pour the mixture into the bowl of a food processor and process until smooth (alternatively use a stick blender). Season to taste.

For the beurre blanc; Combine the Blanc de Blancs and onions in a pan and reduce to half or until syrupy. Strain through a sieve, discard onions and place liquid back in pan. Add the cream and cook for another minute.

Reduce the heat to medium-low and add a few cubes butter at a time whisking constantly. Add remaining butter a few cubes at a time, whisking constantly and adding new pieces before previous ones have completely melted, lifting pan from heat occasionally to cool mixture.

Remove from heat, if the sauce is too thick add a dash of Blanc de Blancs to thin out slightly. Season to taste.

For the cauliflower steaks, heat oil, butter and thyme in a pan over medium heat. Season cauliflower and fry until golden on both sides.

For the scallops, heat a large pan over high heat. Add oil and season scallops well. Sear on both sides.

Serve the scallops on a bed of the cauliflower puree with the roasted cauliflower florets and beurre blanc sauce. Sprinkle the toasted almonds and raisins in between just before serving.

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Drink responsibly. Not for sale to persons under the age of 18