

SCALLOPS A LA NAGE WITH VELVET BUTTER SAUCE

(Michel Roux)

Serves 4

8 large scallops in the shell
1 medium carrot, peeled
4 large pickling onions
2 sticks of celery
300ml dry white wine
1 bay leaf
80ml double cream
100g butter, diced
salt and pepper
lemon juice

Always buy your scallops in the shell so you can be sure they are fresh.

Remove the white meat and coral, rinse under cold water and dry gently. Remove the black stomach and discard. Take the skirt from the scallops and soak for 20 minutes in cold water, then drain.

Slice the carrot into thin rounds. If you want to make the rounds more decorative, score the carrot with a channelling knife first. Peel the onions and cut into thin rings. Peel and wash the celery sticks, and cut into 3cm batons. Put the wine in a pan with 300ml water, add salt and bring to the boil. Add the vegetables and bay leaf. Remove with a slotted spoon when cooked. Add the skirt to the liquid and simmer for 15 minutes, then press the liquid through a fine sieve. Pour half the liquid into the pan and add the cream. Bring it back to the boil and whisk in the butter a little at a time. Check the seasoning and add a little squeeze of lemon.

Lay the scallops in a pan on top of the stove and pour on the other half of the liquid. Bring to a gentle simmer and cover with greaseproof paper. After 1 minutes, turn the scallops and cook for a further 2 minutes (depending on size). To assemble, drain the scallops and put on plates. Arrange the warm vegetables round them and pour on the hot sauce.