
GREEN PEA AND THE SEA



Food : Appetisers

Ingredients

Watercress, green pea veloute

- 20g butter
- 20g flour
- 100g green peas
- 200g watercress
- 1/2 onion
- 500ml chicken stock
- 50ml cream
- Salt and pepper

Lemon pearl

- 125g water
- 0.65g sodium citrate
- 7g sodium alginate
- 125g lemon purée or lemon juice

Calcium bath for lemon pearl

- 500g water
- 3g calcium chloride

Seared scallop

- 8 large scallops, shell and sinew removed and sliced in half
- 40g butter

Methods

Watercress, green pea veloute

- Place chicken stock and onion in a pot and bring to boil, then simmer.
- Blanch green peas and watercress in chicken stock, refresh.
- Purée green peas and watercress together until smooth, cover with cartouche and set aside.
- Make a blond roux with the butter and flour.
- Whisk in hot chicken stock and use the stock to make a veloute.
- Once the veloute is cooked out add the green pea and watercress purée, heat up to boil. Do

not cook for too long as the soup will turn brown.

- Sift the soup through chinois, re-heat, season, add cream and correct the consistency.

Lemon pearl

- Mix the sodium citrate and water.
- Add the sodium alginate and use bar mix to blend until smooth.
- Bring the mix to boil while stirring continuously.
- Let it cool to room temperature and then mix with lemon purée. Refrigerate overnight.
- Drop into calcium bath (for the best result ensure the calcium bath and purée mix is the same temperature).

Calcium bath for lemon pearl

- Dissolve water and calcium chloride and refrigerate until required.

Seared scallop

- Heat up pan on medium heat and add butter.
- Once the butter is foaming quickly sear the scallop, use spoon to bath it with butter to ensure golden brown colour and sprinkle with salt and pepper.
- Remove from pan, drain off the excess butter.