

Day Three: Dinner

Set up your plates first, putting the salad mix down on the left side of the plate, then the spring onions, the Zhoug dressing on top and around the salad mix, and diamond cuts of pimento and white sultanas. On the other side of the plate, put the parsnip purée. Now you're ready to start on the scallops.

Chef's Tip

As we cook, sometimes the produce begins to brown and stick on the bottom of the pan. To "deglaze" is to pour a liquid into the cooking food and scrape the bottom of the pan, thus releasing the sediment that has stuck to the bottom of the pan; the intended result is an enhancement of all the flavours. Usually we deglaze with wine, water, vinegar or stock, depending on what is appropriate for the particular dish.

SEARING THE SCALLOPS

18 queen sized scallops, de-shelled and cleaned

1 tbspc curry powder

Heat your pan until it is smoky. Oil, season and curry-powder your scallops in a bowl. Then place them individually in the pan. Don't crowd it, as the milk will seep out of the scallops and prevent them from browning. When one side is brown, flip them. Scallops cook quickly, so normally when they have browned on both sides I remove them from the pan and put them in a container, then I deglaze the pan with a little hot water, reduce and pour it over the scallops; that way I get all their delicate flavour. Now put your scallops on top of the salad and add just a dash of the sauce from the pan. Enjoy!

Chef's Tip

Using your hands, peel off the red roe sometimes called "coral". You may also notice a membrane around the side of the white part of the scallop: remove this too. There will also be a fibrous white rough bit on the side; this is known as the foot – peel that off also.

