

## **Scallops With Curried Cauliflower Purée and Smoked Bacon**

This is the starter course for my the 2015 Mother's Day meal I cooked my mother. It's easy and really tasty, a great little starter, no picture of the ingredients or the equipment for this one sadly. This recipe serves two people

### **Ingredients**





- 6 Large Scallops
- Olive Oil
- Large Knob of Butter
- 2 Teaspoons of Curry Powder
- ½ Head of Cauliflower
- 200 – 300ml of milk or enough to cover the cauliflower
- 3 Smoked Bacon Rashers
- Parsley for garnish
- Salt and Pepper

### **Also Needed**



- Frying Pan
- Baking Tray For The Bacon
- Wooden Spoon
- Sauce Pan
- Knife
- Chopping Board

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### Method:

1	Preheat the oven to 200 <sup>0</sup> c	
2	Place some foil on a baking tray and then place on the bacon.	
3	Cover the bacon with foil and place another baking tray on top to ensure the bacon stays flat. Place in the oven and cook for 15 – 20 minutes or until golden brown and crisp.	
4	Cut the cauliflower into small pieces. Melt some butter and with a glug of oil in a sauce pan and add the cauliflower. Allow to cook for 3 – 5 minutes stirring regularly.	
5	In a jug add the milk and curry powder, I also seasoned this with salt and pepper	
6	Once the cauliflower has begun to colour pour the curried milk over it and cook for a further 12 – 15 minutes until the cauliflower is soft.	
7	When the cauliflower is soft enough place it and the milk in the blender and blend until the required consistency is achieved.	

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<b>8</b>	<p>For the scallops put some oil and butter in a frying pan and allow the butter to melt. Once that has happened and the pan is hot place in the scallops. You want to cook them for 90 seconds on one side, don't touch them. Once the 90 seconds is up turn them over and cook for a further 90 seconds. This needs to be done on a high heat. It's important not to overcook scallops as they become rubbery. Mine were nice plump scallops from the fishmonger's counter of the supermarket</p>	
<b>9</b>	<p>If you are using the scallop shells place them on the plate – to keep them still you can place a little bit of coarse salt under each shell.</p>	
<b>10</b>	<p>I served the purée and bacon cold but the scallops were warm.</p>	

