



RECIPES CREATED FOR THE AFTERNOON SHOW ON BBC RADIO OXFORD 95.2FM

Seared Scallops on Rocket Salad with Hazelnuts, Pancetta and Beetroot Dressing

Ingredients

4 scallops per person
50g Red Chard or Rocket leaves (or a mix)
25g whole Hazelnuts
75g Pancetta - diced
50g cooked beetroot or cook fresh beetroot diced
15ml rapeseed oil
15ml hazelnut oil
10ml red wine vinegar
Squeeze of lemon juice

Mix the oils, vinegar and lemon juice to make a dressing for the scallops and salad.



Method

If you can get scallops in their shells wonderful if not the main meaty part is what you are after. Get 4 per person. If they are in shells get the fishmonger to open them unless you are happy to do so. Clean and prepare the scallops ready to cook when the salad is prepared.

Chop the pancetta into lardons (small cubes/strips) and fry until crisp, drain on a paper towel. Roast the hazelnuts in an oven 150C/225F/Gas Mark 5 for 5-10 minutes until evenly brown, cool.

Boil the beetroot until tender, cool and peel. Dice into small cubes and mix with the oil.

Heat a frying pan until moderately hot. Fry the scallops in a little oil for 2-3 minutes on each side, do not allow the meat to burn but to go a golden brown colour. Before removing the scallops squeeze some lemon juice over the scallops and allow to finish cooking.

Mix the nuts, pancetta with the chard or rocket leaves. Place in the centre of the plate. Put the beetroot around the salad and place the scallops on top of the salad. Drizzle with the oil dressing.

Other information

Serves – 4 or as per the number of scallops, scale up the salad as needed
Preparation time – 30 minutes
Cooking time – 15-20 minutes