



SCALLOPS ON CREAMED ARTICHOKE AND HERBS

Categoria: Main Courses **Tempo di preparazione:** 30 minutes **Difficoltà:** molto facile



Ingredienti per 4 persons

- Scallops 4
- Artichoke hearts 150 g
- Water 250 g
- Potatoes (yellow) 250 g
- Fine salt to taste
- Extra virgin olive oil to taste
- Black pepper to taste
- Marjoram to taste
- Wild fennel to taste
- Mint to taste
- Fresh chilli pepper 3
- Salt flakes to taste
- Mixed peppercorns (to be ground freshly) to taste

Pour the potatoes and previously cleaned artichoke hearts into a saucepan with 250 g water.

Cook for 20 minutes on a medium-high flame.

When ready, you can blend everything with a blender until you obtain a homogeneous cream.

In the meantime, prepare the hot oil: cut the fresh chillies into 3 parts and pour them into a saucepan with 20 g of extra virgin olive oil. Leave to gain flavour over a very low flame for about 7 min, then turn off the heat and keep aside.

Chop the herbs (marjoram, fennel and mint).



When the cream of artichoke and potato soup is warm, add the chopped herbs and mix well, season with salt and pepper if necessary. Finally, take care of the scallops: wash and dry them well and grease them thoroughly with extra virgin olive oil.

Heat a non-stick frying pan well, the base should be red-hot: sear the scallops on both sides over a high flame, the scallops will brown in a few moments.

Compose the dish: pour two spoonfuls of artichoke cream on each plate, place a scallop in the centre, pour a few drops of chilli oil over it. Season with a sprinkling of freshly ground peppercorn mix, two marjoram leaves and a few salt flakes on the scallop.

