



NOT JUST FOR HALF-TIME
**THEY'RE FOR
ANYTIME**

Squeeze more out of life.

Seared Scallops with Orange, Ginger and Lemongrass dressing Serves 4

Ingredients

- 12 scallops
- 1 tbs butter
- 1 tsp olive oil
- 1 bok choy bunch, discard the stems
- 200g crème fraîche
- 2 oranges, peeled, pith and membrane removed from segments
- Black sesame seeds
- Orange Jelly
- 1 tsp gelatine
- 2 tbs cold water
- 200ml orange juice
- ½ tbs sugar
- 1½ tbs orange liqueur



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Orange Dressing

- 1/8 tsp freshly grated ginger
- 1 tbs olive oil
- 1 red chilli, diced
- 2 tbs Thai basil
- 1/2 tsp orange liqueur
- 2 lemongrass stalks, cut and bruised (using the white part)
- 1/4 cup freshly squeezed orange juice
- 1/2 tbs orange rind
- 1/2 orange, diced into 1 cm pieces

Method

Orange Jelly: Make the orange jelly the day before. Soften the gelatine in cold water. In a saucepan heat the orange juice, sugar and orange liqueur. Dissolve the gelatine water in the heated orange juice. Pour into a shallow container, cool and allow to set. Once set, break the jelly into small segments using a fork.

Orange Dressing: Place the lemongrass, chilli, Thai basil, ginger and oil in a mortar and pestle and bruise until fine. Pass through a fine sieve add orange juice, orange liqueur and orange pieces and heat in a saucepan on medium heat until the sauce slightly thickens.

Mix together the orange segments with the crème fraiche and 1 tsp of the orange dressing.

Lightly sauté the bok choy in a frying pan.

Brush scallops on both sides with oil, then season with salt and pepper.

Heat a large frypan over high heat and cook the scallops, in batches. Cook for approximately 30 seconds on each side until golden brown but still translucent in the centre. Lay scallop shells on each plate and place bok choy in the centre, spoon the orange crème fraiche mixture on top. Place a scallop on top and drizzle the dressing around the stack and decorate the edge of the shell with the jelly, orange rind and black sesame seeds.



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