

Tart of Seared King Scallops with Black Pudding, Apple & Basil Dressing

Ingredients: Serves 4

12 king scallops

1 sheet of ready-made puff pastry

4 x 75g black pudding pieces (sliced)

4 eating apples

50g fresh basil

4tbs extra virgin olive oil

Juice of 1 lemon

50g unsalted butter

Salt and pepper

Sugar

To prepare: Pre-heat the oven to 200°C.

Method:

For the puff pastry: Roll out to approximately 2mm thickness, prick all over with a fork and leave for 30 minutes. Cut the pastry into rectangle approximately 10cm x 6cm, place on a baking tray and bake for 7-8 minutes until lightly coloured.

For the apple puree: Peel, core and slice the apple and place in a pan with a tablespoon of water and a pinch of sugar, Cook Gently until soft, blend to a puree and allow to cool.

For the basil dressing: Warm the oil and add to the fresh basil, seasoning and ¼ lemon juice, blend to a puree and allow to cool.

For the tart: Place a layer of apple puree on the part-baked pastry base, arrange sliced black pudding on the top and place in the oven for five minutes.

For the scallops: Once the tart is ready, cook the scallops in a little oil in a very hot frying pan for about 20-30 seconds until golden on each side. Finish with the remaining lemon juice and butter.

To serve: Arrange the scallops neatly on top of the tart and serve on a warm plate drizzled with the basil dressing.