



Pan Fried Scallops with a Vanilla Dressing?

Fresh fried scallops covered in a vanilla and herb dressing makes a fantastic starter

Serves: 2

Prepare: 10 Minutes

Cook: 15 Minutes

Difficulty: easy

Ingredients

- [hand-dived wild king scallops cleaned and prepared](#)
- 70g ghee
- 1 vanilla pod
- 50ml vermouth
- 150ml shellfish or fish stock
- 1 teaspoon white wine vinegar
- 1 shallot, peeled and halved
- 1tbsp fresh dill
- fresh chives
- salt & pepper to taste
- oil (for frying)

Method

1. Add the vermouth, vanilla, white wine vinegar and shallot to a small sauce pan, and heat until it boils, reducing it by about half
2. ?Add the fish stock, boil again and reduce by about 2/3, remove the onion
3. Lower the heat and add the ghee, stir until it melts
4. Finely chop the herbs, add them to the pan, test for seasoning, you'll want to add at least a little salt. Keep warm over a very low heat while you fry the scallops
5. In a non-stick pan, heat a little olive oil, get the heat medium high, pat dry the scallops & season with salt, then add to the pan for 2-3 minutes, don't move them too much, let them gently brown
6. When they have browned on one side, flip and cook for a further 2-3 minutes
7. Serve on a warm plate and drizzle with the dressing