

Posted on 26 February 2013

by ewfood

Seared scallops with mushroom and curry leaves



Ingredients

Scallops 8no
Chopped green chilly 2g
Chopped ginger 5g
Cumin seeds 3g
Onion 20g
Turmeric powder 3g
Red chilli powder 3g
Coriander powder 5g
Crushed pepper corn 2g
Lemon juice 10ml
Tomatoes chopped 15g
Tamarind pulp 10ml
Coconut milk 30ml
Mixed mushrooms 50g
Curry leaves 3g
Mustard seeds 2g
Oil 15ml
Kasoori methi powder 1g
To Marinate:
Red chilli powder 2g
Turmeric powder 2g
Paprika powder 2g
Lemon juice 10ml
Oil 15ml
Crushed black pepper 2g

Preparation

1. Cut mushrooms evenly. heat oil in pan add cumin seeds, chopped ginger ,green chilli and sauté the mushrooms
2. Add powder spices, onion tomato masala, tamarind chutney, black pepper and finish with dash of lemon juice.
3. For the sauce heat oil in a pan add mustard seed, green chili, ginger and curry leaves.
4. Add the chopped onions cook till transparent, then the powder spices
5. Add tomatoes and cook for 5 min on low heat, then put in the coconut milk and cook for few minutes.
6. Check seasoning, mix in lemon juice and adjust consistency.
7. Clean and wash the scallops and pat dry them. Marinate with all the ingredients and

keep it for 20min.

8 Sear them in a non stick pan and toss with the Malabar sauce, serve with the prepared mushrooms

Cooks Note

Also known as Malabar Ratan. Recipe for 4 persons.

Armani Ristorante, Taste of Dubai 2013