

## Sea Scallops with Citrus and Bok Choy



Serves 4

### INGREDIENTS

- 4 large scallops
- 4 *bok choy* leaves, cleaned
- Dandaragan Estate Olive Oil**

### Sofrito:

- 1 large onion, diced
- 1 garlic clove, crushed
- 50ml **Dandaragan Estate Extra Virgin Olive Oil**
- 4 large vine ripened tomatoes, chopped
- fresh thyme leaves
- Salt, pepper and sugar, to taste

### Lemon Syrup:

- 200ml sugar syrup
- 1 tsp soy lectin
- 50ml fresh lemon juice

### Sauce:

- 1 ltr roast chicken *jus*, reduced

### Method:

1. For the Sea Scallops and Bok Choy: Quickly sear the scallops and *bok choy* with some **Dandaragan Estate Olive Oil** in a non-stick pan.
2. For the Sofrito: Sweat the onion and garlic in **Dandaragan Estate Extra Virgin Olive Oil** in a heavy-bottomed saucepan over very low heat. Then add the tomatoes and thyme leaves and slowly simmer for about 3 hours. Season to taste with salt, pepper and sugar.
3. For the Lemon Syrup: Warm the sugar syrup in a saucepan and dissolve the soy lectin in the syrup, then add the lemon juice. Foam the mixture with a barmixer just before serving.

### To Serve:

Place a leaf of *bok choy* on a serving plate and add a teaspoon of sofrito in the middle. Top with the seared scallop then drizzle the sauce around the plate. Top with a spoon of the lemon syrup foam