

luke mangan



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Salt Grill P&O Cruise Liners



FENNEL SOUP, RED WINE POACHED SCALLOPS, LEATHER JACKET CHEEKS, BABY CORIANDER.

Serves 4

FENNEL SOUP

Ingredients

- 800g Fennel
- 100g Eschalots
- 35g Garlic
- 400mls Fish stock
- 250mls Cream
- 50g Butter
- 50mls extra virgin olive oil
- 2 Bay leaves
- Seasoning

Method

- Slice the fennel and peeled eschalots.
- In a heavy base pot, put oil and butter and heat to medium high heat and place the eschalots and garlic and cook with out colour for about 5 minutes.
- Add the fennel, bay leaves and cook until nice and tender, add fish stock and bring to a boil.
- Finally add the cream and again bring o the boil, season.
- Blend the soup in a food processor and strain through a fine sieve, check for seasoning, ready to serve.

RED WINE POACHING FOR THE SCALLOPS

Ingredients

- 2 litres Red wine
- 500mls Port
- 200g Eschalots
- 1 whole head Garlic
- 2 Bay leaves
- 1 bunch Thyme
- 100mls Veal jus

Method

- Sweat off the eschalot, garlic, thyme and bay leaves
- Add the red wine and the port and reduce by 1/2 strain and cool
- Place back in a clean pot and bring to a simmer, place the scallops in the liquor and cook for about 2-3 minutes, tale out and place in a soup bowl.

INGREDIENTS FOR THE GARNISH

- 4 Scallops each person
- 4 Leather jacket cheeks each (pan fry these 2-3 minutes before serving)
- Sprinkle Baby coriander
- Good extra virgin olive oil, just to drizzle over soup.

