

Chilled Broccoli Soup

salt cod mousse, seared hand dived scallops, broccoli shoots

Created for the Hampton Court Foodies Festival, May Bank Holiday 2009

serves 6

Ingredients:

Scallops

6 large hand dived scallops (shucked and cleaned)

Nb. hand-dived scallops supports a more environmentally-friendly and sustainable fishing method as dredging tends to damage the sea bed and impairs the quality of the scallop

Salt cod

50g Maldon sea salt flakes

250g cod fillet (skinned and pin boned)

Salt cod mousse

2 garlic cloves minced

1 small onion finely diced

1 leaf gelatin

250ml double cream

Salted cod fillet diced

30g chopped parsley

Broccoli Soup

3 large heads of deep green coloured broccoli, cut into small florets

4 litres of salted water

250ml chicken stock

1 tablespoon crème fraîche

Method

Salt cod

Sprinkle half the salt onto a tray large enough to fit the cod fillet, lay the cod on top and sprinkle the remaining salt onto the top of the fish, wrap the tray in cling film and press for 24 hours in the fridge with another lightly weighted tray.

Broccoli soup

Bring salted water to the boil in a large deep pan and place chicken stock in another small pan and bring to a gentle simmer. Once the salted water has reached a rapid boil, add the broccoli and cook out until tender and starting to break down, then strain the broccoli and place in a liquidizer along with the hot chicken stock (adding gradually so to get the correct consistency). When the soup has a velvety smooth consistency, add the crème fraîche whilst still blending. Pass through a fine strainer and place in the fridge to cool.

Salt cod mousse

Firstly soak the gelatin leaf in cold water to soften, then gently sweat off the garlic and shallots in a knob of butter until translucent then add the diced salt cod and cook out uncovered for 5 minutes stirring occasionally. Add half the cream and cook out gently until reduced by half. Once reduced place in a food

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processor and blend until smooth, meanwhile melt the gelatin leaf in a little double cream until it is in liquid form and add it to the blended salt cod, remove the mixture from the blender and chill in the

fridge. Whip the remaining cream to soft peaks and gently fold into the cod mixture, cover and refrigerate until set.

To assemble

Cut the scallops in half horizontally, season and place cut side down in a hot frying pan and sear until golden brown, when almost cooked through flip over and cook for 10 seconds on other side, remove from the pan and rest on a clean cloth. Gently place a neat spoonful of salt cod mousse into each bowl and arrange two scallop halves next to it, then pour in the chilled broccoli soup and garnish with broccoli shoots.

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