

SOUS VIDE PORK BELLY AND SCALLOPS



0 made it | 0 reviews



Shaun Thompson



Geoff Laws

Seasoned tender Sous Vide Pork belly served with seared scallops, Chorizo, cauliflower puree, pureed carrots, micro herbs and grapes.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

SOUS VIDE PORK BELLY AND SCALLOPS

- 400g Pork Belly
- 5 Scallops*
- 10 Grapes
- 2 pnt Micro Sorrel
- 2 pnt Micro Arugula

* Pre-heat a saucepan to a very high heat. Lightly seal scallops for 40 seconds on each side until caramelised.

Pork Brine

- 150g Honey
- 12 Bay Leaves
- 1 Bunch Rosemary



- 1 Bunch Flat-Leaf Parsley
- 65g Garlic Cloves, crushed, skin left on
- 20g Black Peppercorns
- 150g Salt
- 2Lt Water
- 150g Honey

Pork Belly Sous Vide

- 80g Pork Belly
- 40g Lard (fat)

Chorizo

- 100g Chorizo, diced (3cm x 3cm)

Cauliflower Puree

- ½ Head Cauliflower, stem and tough stalks trimmed.
- Florets, roughly chopped
- 125ml Milk
- 50ml Cream
- 1 Onion, diced fine
- 100g Butter
- 1 Bunch Thyme

Carrot Puree

- 2 Carrots
- 20g Olive Oil
- Salt
- Pepper

Methods and Directions

SOUS VIDE PORK BELLY AND SCALLOPS

Pork Brine

- Mix all ingredients together and pour liquid over Pork Belly for 24 hours. Take Pork Belly out of liquid and tap dry.

Pork Belly Sous Vide



- Cut pork belly into portion sizes and place into vacuum sealed bags with lard then seal.
- Cook pork belly in sous vide machine at 85°C for 9 hours.

Chorizo

- Sear chorizo in hot pan with oil until golden in colour.

Cauliflower Puree

- Sweat cauliflower with the mushrooms and onion in 100g butter in pan.
- Add milk and cream and bring to a simmer.
- When the cauliflower has turned translucent (about 10 minutes), add the thyme leaves and then blend. Finally pass your mixture through a sieve.

Carrot Puree

- Place the carrots on a grill plate or under the grill to burn the skin off.
- When the skin is dark, place the carrots in a steamer and cook until tender.
- Place the carrots in a blender, season with salt, pepper and the olive oil and blend to a very smooth puree. Expect the puree to be very dark.