

Scallop & Spinach Salad

Balsamic Reduction:

10oz balsamic vinegar
Pinch of Sugar
Pinch Coriander seed
Pinch Bunch thyme
5ml rough chopped shallot

Combine all ingredients, bring to a boil then reduce until thick. Strain and cool.

Red Wine Gastrique:

5oz red wine
5oz red wine Vinegar
Pinch of Sugar

Put on high heat and reduce until thick.

Salad:

2 Large scallops
1 oz. diced bacon
1 oz. chicken stock
2 oz. balsamic reduction
1 tsp butter
Big handful of Spinach
Roasted Red peppers

Plating:

Roasted Red peppers and red wine gastrique for garnish Sear bacon, add scallops and cook. Remove scallops, drain fat, deglaze with stock, add balsamic, mount with butter. Toss cold spinach with hot dressing and plate