

Seared scallops with black pudding, bacon and mustard sauce

Ingredients

For the sauce

- 2 tsp vegetable oil
- 3 shallots, finely chopped
- 1 glass brandy
- 100ml/3½fl oz chicken stock
- 150ml/5¼fl oz double cream
- 2 tbsp wholegrain mustard
- salt and freshly ground black pepper

For the scallops

- 18 slices unsmoked streaky bacon
- 2 black puddings
- 2 tbsp vegetable oil
- salt and freshly ground black pepper
- 18 scallops, roe removed
- small handful fresh flatleaf parsley, leaves only

Preparation method

1. For the sauce, heat the oil in a frying pan over a medium heat. Add the shallots and gently fry until golden.
2. Add the brandy and slowly boil to reduce half.
3. Add the stock and bring to the boil. Reduce the heat and simmer for 5-6 minutes, or until reduced by half.
4. Add the cream and mustard and stir to combine. Season, to taste, with salt and freshly ground black pepper. Set aside in a warm place while you cook the scallops.
5. For the scallops, preheat the grill to its highest setting. Grill the bacon until very crisp.
6. Cut the black pudding into rings approximately the same size as the scallops.
7. Place one tablespoon of the oil into a frying pan over a medium heat. Gently fry the black pudding for 5-6 minutes, turning once, until slightly crisp on each side.
8. Season the scallops with salt and freshly ground black pepper. Heat the remaining tablespoon of oil in a very hot pan. Add the scallops and fry for one minute each side, until gently browned on the outside.
9. To serve, place three slices of black pudding onto each plate. Top each slice of black pudding with a scallop, then crumble the crisp

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 6

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bacon over the top. Drizzle with the sauce and garnish with parsley.