

Scallop, Pea and Saffron Risotto

Now, if you want to impress your friends, then this is the dish for you.

Delicate sea scallops with the subtle tones of white wine and saffron.....lordy, lordy, lordy!!! This just tastes of the sea and with its buttery finish, a little goes a long way....

Prep time: 20 Minutes

Cooking time: 25 Minutes

\$\$ Medium Budget

Serves 4

olive oil and a dob of butter for frying
500 gms scallops (roe removed if you prefer but I like it on)
2 cups of arborio rice
1 clove of garlic, finely diced
2-3 eschalots, finely diced
1 cup of dry white wine
a good pinch of saffron threads
1 litre of salt reduced chicken or vegetable stock, warmed
1/4 cup of finely grated parmesan
1 cup of frozen peas
40 gms of butter
1/2 a bunch of chives, chopped
sea salt and cracked pepper
extra virgin olive oil, for drizzling
lemon wedges

Pour the wine in a measuring cup and add the saffron threads. Allow the saffron to infuse the wine for 1/2 an hour or so and set aside.

Heat the oil and butter in a large heavy based saucepan and lightly fry the garlic and eschalots until translucent. Add the rice and stir gently for approx 1-2 minutes until all the grains are glossily coated and gradually add the wine and saffron stirring gently until the liquid is absorbed.

When the wine has absorbed, add the warm stock in the same manner.....stirring occasionally until the rice absorbs the liquid. This is a rather relaxing procedure and even more so with a glass of vino.

When the rice has absorbed all the liquid, gently stir through the scallops and peas. Turn the heat right down and pop a lid on for approx five minutes, stirring occasionally until the scallops are just cooked and the peas are warmed through. Season with salt and pepper.

Finally stir through the parmesan and butter until melted. Spoon onto serving plates, drizzle with extra virgin olive oil and sprinkle with chopped chives. Serve with lemon wedges, crisp green salad and crusty bread. This pairs beautifully with an aged riesling or a buttery chardonnay.