

## **Diver Scallops**

Mango Avocado Salsa, Parsnip Puree and Mango Miso Vinaigrette

Yield: Makes 4 portions

### Ingredients:

12 each U10 size fresh scallops  
12 tsp mango-avocado salsa recipe follows  
4 Tbsp parsnip puree recipe follows  
4 tsp mango miso vinaigrette recipe follows  
12 each 2 inch diameter disk shaped mango slices  
Fresh cilantro leaves picked and washed

(Mango avocado salsa)

### Ingredients:

\_ cup mango finely diced  
\_ cup avocado finely diced  
1 Tbsp red onion finely minced  
\_ each jalapeno finely minced  
1 Tbsp cilantro leaves picked and washed  
1 each lemon juiced  
Salt and pepper to taste

### Directions:

Place all the ingredients for the salsa in a mixing bowl and toss to evenly coat the avocado and mangoes with the lemon juice.

(Parsnip Puree)

### Ingredients:

1 lb parsnips peeled and roughly chopped into the same size dice.  
Salted water for cooking parsnips  
2-3 Tbsp Whole butter or to desired taste. Olive oil can be substituted.  
Salt and pepper to taste.

### Directions:

Cook the parsnips in salted water uncovered until very tender. Check doneness with a fork, the fork should easily push through the parsnip when done. Approximately 8-10 minutes on a medium simmer.

Drain the parsnips in a colander to remove all of the liquid. Place parsnips in a food processor or hand blender and add butter, and season with salt and pepper. Pulse until a smooth puree.

You may also just mash the parsnips in the same pot that you used to cook them in, by mashing in the whole butter and seasonings.

(Mango miso vinaigrette)

Ingredients:

1/2 cup mango roughly chopped

2 tsp miso paste

1 tsp soy sauce

1 tsp rice vinegar or more as needed

\_ cup water or more as needed

\_ cup olive oil

Salt as needed

Directions:

Place all the ingredients except the oil in a blender and process. Slowly add the oil while processing to form a vinaigrette. Taste and adjust the seasonings as necessary.

Finishing The Dish:

Slice a mango using a mandolin or with a steady hand into \_ inch thin stripes. Using a cookie cutter cut 12 each disk slices, slightly smaller than the diameter of the scallops. Set aside until ready to use.

Heat a medium sauté pan and add 2-3 Tbsp olive oil. Season each side of the scallops with salt and pepper, cook the scallops for 1-2 minutes per side until sides look plump and opaque. Add 1-2 Tbsp whole butter to the pan after cooking the first sides and just after flipping the scallops. Tilt the pan and with a spoon baste the scallops with the melted butter while cooking.

Spoon the parsnip puree onto the center of 4 plates. Place three scallops per plate over the puree and top each scallop with one mango slice and top each off with a spoonful of the mango-avocado puree.

Drizzle 1-2 tsp of mango-miso vinaigrette around each dish. Garnish with fresh cilantro leaves.