

Harnett's Oils Seafood Recipes

Harnett's Steamed Scallops with Spiced Carrots, Crumbled Crispy Black Pudding and Chives

Serves 4

Ingredients:

- ½ Cinnamon Stick
- 1-2 Dried chilli's (crumbled)
- ½ Tsp ground cumin
- 1 Tsp five-spice
- ½ Nutmeg
- 2 Cloves of garlic (peeled and roughly sliced into small batons)
- Duvillaun Sea Salt and black pepper
- Pinch of Sugar
- 2 Wineglasses of water
- 200g Black Pudding
- 12-16 Large Scallops (remove roe if preferable)
- 1 Orange (zest and juice)
- ½ Lemon (zest and juice)
- 1 Bunch of chives
- 8 Tbsp Harnett's Orange and Rosemary Rapeseed Oil

Method:

1. Preheat the oven to 220 C/ 425 F/gas mark 7.
2. In a casserole dish, slowly fry all the spices with garlic in approximately 6 tbsp of Harnett's Orange and Rosemary Rapeseed Oil for 30 seconds, then add the carrots.
3. Stir well and add a pinch of Duvillaun Sea Salt, Sugar and a couple of large wineglasses of water. Put a lid on the pan, then bring to the boil and simmer slowly for around 40 minutes or until the carrots are tender.

4. Split the black pudding lengthways and tear it open. After the carrots have been cooking for about 20 minutes, put the black pudding in the oven in a small dish or tray with a drizzle of Harnett's Orange and Rosemary Rapeseed Oil for 15-20 minutes or until crispy.
5. Put approximately 2 ½ cm of water in a pan, then using a colander, or other type of steamer, place over the heat and get it to a slow steam.
6. Score the scallops on 1 side in criss cross fashion, season with a little Duvillaun Sea Salt and pepper, then sprinkle with Orange zest. Steam for 5-6 minutes, depending on the size of scallops.
7. Remove the cinnamon stick, then divide the carrots between plates, place the scallops on top and crumble a little black pudding over the top. Scatter chives over as well.
8. Make a dressing with the orange and lemon juice, adding the same amount of Harnett's Orange and Rosemary Rapeseed Oil. Drizzle over the scallop dish and serve immediately.