



Baked Scallops with Cheese and Mentaiko

Difficulty: Easy

Servings: 12 pieces

Preparation Time: 20 mins

Cooking Time: 45 mins

Ingredients

200ml Whipping Cream

2 Sprigs Thyme

10g Garlic

20g White Onion

20g Yellow Cheddar (*shredded*)

30g Mozzarella (*shredded*)

30g Parmesan (*grated*)

200g Scallops

4 Tablespoons Butter

To taste Salt

To taste White Pepper Powder

To garnish Parsley (*chopped*)

To garnish Mentaiko

Method

1. Pat shelled and cleaned scallops dry with paper towels. This removes excess moisture and gives the scallops a better crust when seared. Season both sides with salt and white pepper powder.



2. Blend white onion and garlic to a rough paste with your Hand Blender. Remove and set aside.



3. Into a medium-heated non-stick pan, add 2 tablespoons of butter, then seasoned scallops. Lightly sear for about 1 minute on each side. Remove and allow to cool.





4. In the same pan, add the remaining 2 tablespoons of butter, chopped onion and garlic. Fry till lightly browned. Add thyme and whipping cream into the pan. Mix well and allow it to reduce for about 3 to 5 minutes.



5. Add shredded yellow cheddar and mozzarella. Stir well. Preheat your Oven with **Grill Mode** at Level 2.



6. Pour cheese sauce onto baking tray. Place seared scallops on top. Sprinkle grated parmesan evenly. Bake on the top rack of your Oven for about 3 to 5 minutes.



7. Remove from your Oven. Top with mentaiko and garnish with chopped parsley. Serve and enjoy.

