

Whitianga Scallop Festival

28 AUGUST 2010

THE COROMANDEL | NEW ZEALAND



WHITIANGA
SCALLOP FESTIVAL
indulge yourself



Sicilian Spaghetti with Eggplant, Scallops & Fish

Serves 6

- 6 tablespoons olive oil 4 cloves garlic, finely chopped
- 1 large eggplant, ends removed, diced 2 cm
- 36 scallops
- 600g firm white fish such as hapuku or tuna, cut into 3cm chunks
- 1 cup pitted Kalamata olives
- 6 large vine ripened tomatoes, peeled and chopped
- salt and freshly ground black pepper
- 1 cup chopped roasted almonds
- zest of 1 lemon
- 400g Italian dried spaghetti, boiled until al dente in plenty of well salted water, drained, ready when the seafood is ready
- extra virgin olive oil, lemon juice and chopped mint and basil for serving

Heat the oil over moderate heat and add the garlic and eggplant. Fry gently until the eggplant is soft and lightly browned. (When you add the eggplant it will suck up the oil. Do not add more oil, just gently fry it and it will release the oil when it is almost cooked.) Add the olives, scallops and fish and panfry until the seafood is just cooked. Place the hot, drained spaghetti in a large serving bowl. Add seafood, the tomatoes, salt, pepper, almonds and zest. Dribble liberally with extra virgin olive oil, lemon juice to taste and plenty of chopped mint and basil. Toss well and serve immediately.

Singapore Style Seafood Salad

Serves 6

This is based on the traditional Singapore New Year fish salad

Dressing

- 3 tablespoons sambal oelek
- 3 tablespoons sesame oil
- 3/4 cup fresh lime or lemon juice
- 2 teaspoons finely grated palm sugar
- 3/4 cup Chinese plum sauce
- 1/2 teaspoon salt

Mix everything together well and reserve.

Salad

- 2 cups each grated carrot and daikon (large white radish)
- 400gm very fresh, skinned, boned white fish fillet such as

Seared Scallops with Creamed fresh corn and Ratatouille Salsa



Main Course Step One: Ratatouille Salsa Ingredients:

- - Olive Oil (For sautéing)
- 1 Cup Red Onion (Small Dice)
- ½ Tbl Garlic (Chopped fine)
- 1 Cup Zucchini (Small Dice)
- 1 Cup Aubergine (Small Dice)
- 2 Roasted Red Capsicum (Peeled, Seeded, - Small Dice)
- 2 Tbl Olive Oil
- 1/3 Cup Fresh Basil (Chopped Fine)
- Sea Salt and Fresh Black Pepper.

Take a skillet or sauté pan and place on medium heat. Add a little olive oil, then season and sauté the diced red onion and garlic until golden. Remove and pour into a bowl. Do the same with the zucchini and then follow with the eggplant. Add the roasted and chopped red capsicum and two tablespoons of olive oil. Toss in the fresh basil, then season with sea salt and fresh black pepper. Cover and leave at room temperature for a few hours, or if serving later than that refrigerate until required.

Step Two: Creamed Fresh Corn Ingredients:

- 50gm Butter
- ½ Cup Shallots (Rough Chop)
- 1/3 Cup White Wine
- 1 Cup Cream
- 3 Cups Corn Kernels (Freshly Cooked and removed from the Cob)
- Sea Salt and Fresh Black Pepper.

In a suitable sized saucepan add the butter and shallots. Place on low heat and sweat for 20 minutes (no colour) stirring occasionally. Add the white wine, turn the heat up a little and reduce for 5 minutes before adding the cream. Cook for another 5 minutes then remove

- snapper or hapuku sliced very thinly
- 1 large crayfish tail which has been poached in boiling water until just cooked
 - 24 scallops, poached in plenty of salted boiling water, drained and cooled
 - 18 raw oysters on the half shell
 - 2 stalks celery, thinly sliced 4 cm piece peeled ginger sliced paper thin
 - 4 tablespoons Japanese pink pickled ginger, finely sliced
 - 1/2 cup thinly sliced Chinese pickled shallots or small white pearl pickled onions
 - 4 kaffir lime leaves, central rib removed, very finely sliced
 - 3 spring onions, thinly sliced on the diagonal a handful coriander sprigs
 - 1/2 cup roasted unsalted peanuts, crushed coarsely
 - 3 tablespoons toasted sesame seeds
 - 1 teaspoon freshly ground white pepper mixed with 1/4 teaspoon Chinese five spice powder

Put the carrot and daikon in iced water for 10 minutes, drain well just before needed. Arrange the fish, scallops, crayfish and oysters in the middle of a large serving platter. Put the carrot, daikon, celery, both gingers, pickled shallots or onions, lime leaves, spring onions and coriander sprigs evenly around the seafood. Drizzle the dressing all over the salad. Sprinkle the peanuts, sesame seeds and pepper mixture on top. Everyone uses chopsticks to mix the salad before helping themselves.

from the heat. Take a wand blender or place in a food processor. Pulse a couple of times to break up some of the corn kernels. You want the creamed corn to still have a slightly chunky texture. Season with sea salt and pepper to taste, then refrigerate until required.

Step Three: Cooking and serving Ingredients:

- - Creamed Corn 60 Scallops (At room temperature)
- - Cooking Oil
- - Butter
- - Sea Salt and Fresh Black Pepper
- - Ratatouille Salsa.

Heat up the creamed corn gently in a saucepan over low heat or slowly in a microwave. For the scallops, place a skillet or sauté pan over high heat. Season and oil the scallops before batch cooking them in your hot pan.

Cook no more than 30 seconds per side, and when you turn them add a couple of knobs of butter, just before removing from the pan. Keep warm while you finish the rest. To serve, spoon a little creamed corn in the centre of each plate then divide out the 10 scallops per serve. Top with a few spoonfuls of the ratatouille salsa, add a pinch of sea salt and a grind of fresh black pepper. Serve now!

Serves 6



Festival Contact:

Dave Sparks, PO Box 592, Thames
Pho: +64 7 868 0473 | Mob: 021 278 1866
Email: dave@thecoromandel.com



The Scallop Festival 2010 is taking action to enhance its sustainability and provide a positive event for attendees, the community and the environment.

