

Sea Scallops with Miso Mustard Sauce

Serves 4

30 fresh sea scallops (without coral)
sea salt and freshly ground black pepper
1 teaspoon garlic powder
Plain flour, for dusting
1 - 2 tablespoons sunflower oil
2 tablespoon white wine
2 tablespoons white miso
1 tablespoon mirin
1 teaspoon soy sauce
1 teaspoon caster sugar
1 - 2 tablespoons water
2 teaspoons whole grain mustard
2 tablespoons cream
1/2 cos lettuce, shredded
Fresh finely grated Parmesan

Pat the scallops dry with paper towel. Season well, with salt, pepper and garlic powder. Dust with flour.

Heat the oil in a large frying pan over medium-high heat. Fry both sides of the scallops briefly. They should be golden on the outside and still rare on the inside. Remove the pan from the heat and spoon the scallops onto a plate.

In a small bowl, whisk the wine, miso, mirin, soy sauce, caster sugar, water and mustard together. Return the pan to a medium heat and add the miso mixture, stirring until it comes to the boil. remove the pan from the heat and the add the mustard and cream and stir to combine.

Place a thick bed of shredded lettuce leave into a serving plate. Top with the scallops and drizzle with the sauce. Sprinkle with finely grated Parmesan cheese to taste.