

# CANADIAN EMERALD SCALLOPS, BEURRE D'AIL, CHARRED ASPARAGUS & BROCOLLINI

By Chef Anand Kumar

10 canadian emerald scallops

2tbsp unsalted butter

3 garlic, sliced

juice of ½ a lemon

1tbsp Italian parsley, chopped

5 asparagus

5 broccolini

Season to taste with Salt & Black Pepper

To begin, pat the scallops dry with a kitchen towel getting it as dry as possible. Then whack the heat in the pan and throw in the asparagus & broccolini without oil. Give it a little swirl every 30seconds and this will cook for 2 minutes. When the char appears, add some olive oil.

To get perfectly seared scallops, we will need most important thing, a very hot pan so at this point, with the veggies in the pan, add the scallops followed by garlic. Scallops cook fast so 30 seconds on each side will give you the perfect scallops.

Season with salt & pepper then add butter and lemon juice. Once everything is incorporate, sprinkle parsley, season to taste and we are done.

# MOROCCAN SPICED QUEBEC QUINOA & CHICKPEA SALAD

By Chef Anand Kumar

1tbsp virgin coconut oil  
1 yellow onion, diced  
1 sweet red pepper, diced  
1 tsp ground turmeric  
1tsp cumin seeds  
1.5 tsp cumin powder  
1.5 tsp coriander powder  
1 cup uncooked quebec quinoa  
2 cups hot water  
1 tin chickpeas, drained & washed  
¼ cup Italian parsley, chopped  
2 tbsp mint leaves, chopped  
½ cup sliced toasted almonds  
Salt and pepper, season to taste

To begin, heat some coconut oil in a pan and add in the cumin seeds, onions & bell peppers. Sauté them over medium heat for about 5 mins until it becomes soft then add in the uncooked quinoa and toss it for 2 mins before adding the turmeric and coriander powder. Mix it well then add the hot water and allow it to cook for 15 mins.

At this point after 15 mins, you will notice that the water has been absorbed by the quinoa, allowing it to double in size, so remove from the heat and fluff it up with a fork. Then add all the other remaining ingredients in add give it a good toss, not forgetting to season it. Squeeze ½ a lime for the tangy kick and we are done, ready to accompany the Roast Chicken.

# ATLANTIC OCEAN LOBSTER AND GRILLED SCALLOPS, SWEET & SOUR VINAIGRETTE WITH PORK BACON, SHALLOTS, AND QUEBEC MAPLE SYRUP, ACCOMPANIED WITH SAUTEED KAI LAN AND RED SPINACH

By Chef Frederic Boulay

## **Ingredients:**

- 3 medium size scallops
- 1 and half lobster tail (small)
- 2 slices bacon (75 gr) thinly chopped
- 2 pieces chopped shallots (35 gr)
- 5 ml soya sauce
- 10 ml of fresh squeezed lemon juice
- 10 ml of Gin
- 25 ml of Maple Syrup
- 15 gr red spinach
- 75 gr of Kail Lan (2 large size stems)
- 3 ml of balsamic vinegar
- 25 ml of olive oil
- 5 gr of butter
- Crushed black pepper

## **Method:**

### **1) Sweet & sour vinaigrette**

- In a pan, cook the bacon to medium heat until the fat melts. Once the fat starts melting, add the shallots and cook 3 to 4 min until the shallots starts to colour a bit. Take note not to overcook the bacon.
- Flame with gin.
- Then add the lemon juice, the soya sauce, the maple syrup, olive oil (25 ml) and crushed black pepper

### **2) Seafood prep**

- Slice the lobster tail into half on its long side.
- Lightly cook the lobster in a pan with butter – do not overcook
- For the scallops: dry the scallops and extra water between a tissue towel
- Remove the muscles from the scallops
- Brush the scallops with olive oil and grill 30 sec on each side

### **3) Greens**

- Remove the Kai Lan leaves from the stem.
- Peel the stem, then slow roast with butter in a pan, add salt, pepper and a bit of maple syrup.
- Remove the spinach leaves from the stem. Mix the leaves with balsamic vinegar and 3ml of olive oil.
- Season with a dash of sea salt and black pepper

### **4) Plating**

- Place the 3 pieces of lobsters harmoniously in the plate, add one scallops over the lobster tails, top with the dressing, place the Kai Lan stems in the plate and garnish with spinach.

# NOVA SCOTIA OCEAN CRAB SALAD WITH ORGANIC QUINOA, AVOCADO AND ASIAN MANDARIN ORANGE

By Chef Frederic Boulay

## ***Ingredients:***

- 50 gr Cooked Crab legs (without the shell)
- 1 quarter avocado thinly sliced
- 15 gr sour cream
- 15 gr boiled quinoa (one soup spoon)
- 6 mandarin supreme, thinly chopped
- half a mandarin zest
- 10 ml freshly mandarin squeezed juice (one soup spoon)
- 3 dried small cherry tomatoes
- 1 pinched chopped coriander (2 gr)
- 1 pinched crushed black pepper
- 10 gr toasted sour dough bread

## ***Method:***

- In a bowl, gently mix the crab, the quinoa, the coriander, the mandarin zest, the mandarin juice, the sour cream and pepper all together.
- In a plate, lay down the sliced avocado, place the crab over the avocado, add the chopped mandarin on the top of the crab.
- Slightly decorate the plate with olive oil, sun dried small tomatoes and edible flowers