

Scallops with albariño, garlic & parsley

Prepared by **M A R C
FOSH**
Michelin Star chef

SERVES 2-4

12 fresh scallops,
shelled and corals
removed

3 tbsp olive oil

2-3 garlic cloves,
roughly chopped

150ml Albariño (dry
white wine)

2 tbsp cream

75g chilled butter

**2-3 tsps fresh
parsley,** finely
chopped

**A squeeze of fresh
lemon juice**

Seasoning

1. Preheat a non-stick frying pan over a high heat add the olive oil.
2. Pat dry scallops with kitchen paper and season well.
3. Add the scallops to the pan flat side down and cook until golden brown for about 2 minutes.
4. Don't move the scallops around in the pan as this will prevent them from cooking.
5. Turn the scallop over and add the white wine, crushed garlic, and cream.
6. Bring to the boil and mix in the chilled butter and chopped fresh parsley.
7. Season with salt and pepper and serve at once with a squeeze of lemon juice.

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