

Steamed Scampi with pumpkin tortellini & cauliflower puree

Scampi is premium seafood with a firm texture & sweet flavour; it can be treated in a similar way to prawns. This recipe promotes the sweet delicate flavour of the Scampi with rich complementary garnishes that provide a platform of harmonizing flavours & textures.

Ingredients - Scampi

24 each Scampi – peeled & deveined.

Pumpkin Tortellini

250gms Pumpkin – cut into small pieces

2 cloves Shallots - diced

2 cloves Garlic– peeled & diced

4 Gyoza Wrappers

100gms Butter

100mls Water

Flaky salt & freshly ground white pepper to taste

Cauliflower Puree

500gms Cauliflower - chopped

1/2 Onion - chopped

150gms Butter

2 cloves Garlic – peeled & diced

2 cups Milk

Salt and pepper, to taste

Herb Oil

1/3 cup (loosely packed)

Fresh Parsley sprigs

1/4 cup (loosely packed)

Fresh Tarragon Leaves

1cup (loosely packed)

Spinach Leaves

1 cup Canola Oil

Garnish – Herbs (optional)

Watercress

Shiso Cress

Edible Flowers

Makes 4 Entrée portions

Method to cook the Scampi

- Steam the Scampi for approximately 2-3 minutes depending on the size. Be careful not to overcook the scampi as the flesh will become too soft to handle & tasteless. See – Completing the dish to serve (end of this recipe) for when to cook the Scampi

Pumpkin Tortellini

- In a medium fry pan lightly sauté the garlic, shallots & pumpkin in butter till lightly caramelized, turn the heat to low & add the water.
- Slowly cook till the pumpkin becomes soft & the water evaporates, the mixture should become a chunky paste.
- Season & place in a container to cool.
- Once the mixture is cool lay out the gyoza wrappers & place a teaspoon of the mixture in the centre of the wrapper. Brush the outside edge of the wrapper with cold water, fold the wrapper in half to envelop the mixture, then pull the wrapper around to form a tortellini shape.
- Hold the tortellini on a plate to cook just prior to serving the completed dish.
- Reserve the rest of the pumpkin mixture for future use (can be frozen).



Cauliflower Puree

- In a large saucepan over medium heat, soften the onion in 50gms butter. Add the cauliflower, garlic and milk. Season with salt. Bring to a boil.
- Reduce the heat, cover and simmer gently until the cauliflower is tender, about 15 minutes.
- Drain well, setting aside the liquid for another use.
- In a food processor, purée the cauliflower with the remaining 100gms butter and no more than 60 ml (1/4 cup) of the cooking liquid. Adjust the seasoning.
- Reserve & keep warm till ready to plate.

Herb Oil

- Blanch the herbs & spinach leaves in a pot of boiling water for 20 seconds then refresh in ice water. Remove the herbs/spinach from the water & squeeze excess water from them.
- Place the herbs into a food processor & blend, slowly adding the oil, Blend till oil is a strong green colour. Reserve in a container till required.

Completing the Dish to Serve

- Warm 4 plates.
- Using a small pot/steamer combo cook the tortellini in boiling water salted for approximately 5-6 minutes, in the last 2-3 minutes of the cooking process steam the Scampi.
- Remove both the tortellini's & the scampi & season
- Lay even amounts of cauliflower puree on each plate, arrange the tortellini on the puree in the center of each plate. Place 6 Scampi on each plate & spoon a little herb oil on each plate, garnish with herbs & serve hot.

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