

SCALLOPS NAPOLEON

THE MAHLE HOUSE RESTAURANT, NANAIMO, BC / *Owner/Chef: Maureen Loucks*

Chef Maureen Loucks loves to create from basics, using fresh local ingredients to full advantage. The restaurant's own organic kitchen garden supplies her with an incredible variety of gourmet vegetables. This seafood entrée has great visual appeal and will delight your palate with its contrasting textures and flavours. Make Lemon Oil one week in advance or use commercially prepared lemon oil.

1 to 2 yams, enough for 12 1/4-inch thick slices (or sweet potato)
 1 tbsp unsalted butter
 1 tbsp olive oil
 1 1/2 lb large scallops (10 to 20 count)
 Sherried Shiitake and Brown Mushroom Confit (recipe follows)
 Lemon Oil (recipe follows)

Prick yams with fork; microwave at high for 6 to 8 minutes until almost cooked. Let cool. Carefully peel yams and slice each into 12 rounds each about 1/4 inch thick. Transfer to grill over medium heat and cook for 2 to 4 minutes or until tender and slightly browned. (Or in lightly greased skillet over medium heat, sauté slices for 2 to 4 minutes or until browned.) Set aside and keep warm.

In large skillet, heat butter and olive oil over medium-high heat; sauté scallops for 8 to 10 minutes or until opaque, being careful not to overcook.

TO SERVE: Place yam slice in centre of each plate. Top with 1 tbsp Sherried Shiitake and Brown Mushroom Confit. Place 2 or 3 scallops on confit and top with another yam slice. Drizzle Lemon Oil around scallops. *Serves 4 to 6.*

Wine suggestion — 2002 Summerhill "Platinum Series" Pinot Gris

1 1/2 tsp olive oil
 1 tsp butter
 3 shallots, minced
 1/2 lb cremini mushrooms (or cultivated white mushrooms) chopped
 1/4 lb shiitake mushrooms, chopped
 1/2 cup chicken stock
 2 tbsp medium dry sherry
 salt and pepper

SHERRIED SHIITAKE AND BROWN MUSHROOM CONFIT

In skillet, heat oil and butter over medium-low heat; sweat shallots until softened. Raise heat to medium. Add cremini and shiitake mushrooms; cook, stirring often, for 4 to 6 minutes or until softened. Add stock and simmer, stirring, for 5 to 6 minutes or until thick and rich. Stir in sherry, and salt and pepper to taste. *Makes 2 cups.*



- 1 cup vegetable oil
- 2 tbsp olive oil
- zest and juice of 3 lemons
- pinch turmeric (optional)

LEMON OIL

Use lemon-flavoured oil in salads and to sauté chicken or fish.

In blender, combine vegetable and olive oils, lemon zest and juice and turmeric; process until blended. Funnel into bottle and store in refrigerator for 1 week to infuse flavours. Let come to room temperature. (At this point the oil will separate.) Carefully remove oil from liquid, discarding liquid. Strain oil through fine sieve; return to bottle and refrigerate. *Makes 1 cup.*