

SOUS VIDE SCALLOPS, CAULIFLOWER AND
BROWN BUTTER TAHINI SAUCE.



And..... I'm back! I know it's been some time (feels like a lifetime) but I had to take care of a number of things before coming back to my blogging world, recharged and ready to continue sharing with you guys all my cooking. I moved out of LA and I'm currently in Sunnyvale, CA for work, staying in a hotel (I seem to be living in hotels all the time but I can assure you I'm not running away from the law and yes I watch a ton of crime tv). Luckily, the hotel has a tiny kitchen, 2 electric stovetops but other than that, no oven, and virtually no cooking tools and if you have been following this blog for some time, you know I travel with a lot of cooking gear, including my immersion circulators, plastic containers, and more knives than I will ever need. And of course a ton of photography gear!

Cuisine Solutions: Sous-Vide Magazine.

Today's post is very special because I'm featuring a recipe by chef Bruno Bertin and Cuisine Solutions Culinary Team. Cuisine Solutions is responsible for publishing the leading magazine in the art and science of sous vide cooking: Sous-Vide Magazine. It is a bi-annual magazine devoted to the art of sous vide cooking, innovative recipes, at-home recipes, and exclusive chef interviews. It's a great read for anyone (home cooks, cooking enthusiasts, and professionals) interested in this cooking method and cooking delicious food in general. Not only the content is great but the actual design of the magazine and the photography are beautiful. It is an honor and a really exciting opportunity, being able to promote their content and brand here at thatothercookingblog!

Ingredients:

Scallops

8 large scallops

1/2 tsp salt

1/4 tsp white pepper ground

1 Tbsp unsalted butter

1/2 Tbsp fresh truffle, sliced to garnish (obviously optional)

Chives chopped to garnish

Cauliflower

1 head yellow cauliflower

1/4 cup of water

7 threads of saffron

1 head purple cauliflower (I used a blue creamer potato)

1/4 cup beet juice

2 tsp salt (divided)

Pinch of pepper

Brown butter tahini sauce

1 lb unsalted butter
1/2 cup heavy cream
2 Tbsp tahini
1 tbs salt
1 Tbsp honey
2 lemons, juice and zest
1/2 cup of extra virgin oil

The scallops.

Set your circulator to 54C. Clean your scallops and season them to your liking with salt and pepper. Place them in a sous vide pouch along with one or two tablespoons of butter and vacuum seal (try a gentle vacuum if your machine has the setting) or simply use a ziplock bag and the water displacement method. You will need to warm up the butter until runny (not hot though, just a bit warm) if you use the water displacement method which is what I did. And if I had had more time, I would have brined the scallops in a 1%-2% salt solution for about an hour or cook the scallops with the brine added to the sous vide pouch. So many options!!!

The cauliflowers.

Set your circulator to 83C. While your circulator gets to temperature clean the heads in cold running water. Cut them into one-inch steaks (This seems incorrect though... my steaks were about 1/4 inch thick because the florets were small... anyways, check with Ambyr). Place the yellow cauliflower steaks in a sous vide pouch, add water, 1 tsp salt, the saffron and a pinch of pepper. Vacuum seal or using a ziplock bag, use the water displacement method. Vacuum sealing liquids can be tricky. If you own a chamber vacuum sealer, then the hassle goes away, otherwise, I would recommend the ziplock bag approach just because it's very easy to do. Similarly, place the purple cauliflower steaks in a separate sous vide pouch (or ziplock bag), add the beet juice, 1 tbs of salt and a pinch of pepper. Seal. Cook both pouches for about 40 minutes. Once done, remove from the water bath.

Brown butter tahini sauce.

Time to get some butter clarified. Grab a saucepan and melt the butter over medium-high heat for about 5 mins. Allow the solids to settle at the bottom of the pot and begin to brown. Strain the solids and keep the clarified butter for searing before serving. Now return the butter solids back to the saucepan, add the heavy cream. If any butter solids are stuck at the bottom of the pan, use a wooden spoon and scrape them bottom... that's pure flavor and needs to be incorporated into the sauce. Reduce the cream, now infused with brown butter

flavor for about 7 minutes over medium-high heat. The mixture will thicken up a bit. Now add the tahini, salt, honey, lemon juice, and zest into a blender. Emulsify the sauce by slowly adding the olive oil slowly into the blender. Blend for about 3 minutes. Set aside.

The sear.

And now..... we sear! Get a skillet over high heat and enough clarified butter to cover the bottom. Make sure is very hot before proceeding (this is very important, especially for the scallops because you want them on that pan for as little time as possible to protect the internal temperature). For the scallops, sear about 30 seconds to a minute per side. The cauliflower steaks go a bit quicker. About 30 seconds per side.

Plating.

All the hard work is over and now it is time to serve these beauties! Spoon some of the tahini sauce over the plate and layer your scallops and the cauliflower on top. Unfortunately, I couldn't find purple cauliflower... I must have gone to at least 4 different grocery stores and nothing. So I ended up using blue creamer potatoes (same sous vide temp and time btw). Finish by garnishing with finely chopped chives and very thinly sliced truffles.