



# Scallops with Fresh Herbs

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: **30 MINUTES**

TRADITIONAL COOKING: **30 MINUTES**

HYPOTOXIC COOKING: **45 MINUTES**

## INGREDIENTS

### Sweet potato puree:

- 4 to 5 sweet potatoes, peeled and sliced (about 500 g)
- 15 ml (1 tbsp) green onion, finely chopped
- 10 ml (2 tsp) fresh dill, chopped
- Salt and pepper, to taste

### Scallop filling:

- 30 ml (2 tbsp) olive oil
- 90g (1 cup) leek white, finely chopped
- 2 green onions, finely chopped
- 227 g (1/2 lb) fresh or frozen and thawed scallops (pat-dry to remove excess water)
- 340 g (3/4 lb) raw, shelled, fresh or frozen shrimp (pat-dry to remove excess water)
- 185g (3/4 cup) white wine
- 65 g (1/4 cup) water
- 1 ml (1/4 tsp) salt
- 125 g (1/2 cup) canned coconut milk
- 75 ml (5 tbsp) all-purpose flour "[\*La Merveilleuse\*](#)"
- 15 ml (1 tbsp) of each of these fresh herbs, chopped: dill, tarragon, sage
- 45 ml (3 tbsp) tapioca starch, diluted in the same amount of water

## PREPARATION

1. Steam sweet potatoes. Purée and add green onions and dill. Season to taste; Set aside.
2. In a medium saucepan, heat oil and fry leek and green onions over medium-low heat for 2 minutes. Add scallops, shrimp, wine, water and salt.
3. Bring to a boil, cover and simmer over low heat for 10 minutes.
4. Using a spoonful, remove scallops and shrimp; Set aside.
5. In a small bowl, whisk together coconut milk and flour.
6. Gently pour this mixture into the seafood cooking liquid, stirring with a whisk, then add the fresh herbs.



*Flavored with fresh herbs and paired with sweet potato puree, this is a feast for the eyes as well as the palate!*

7. Over medium heat, bring the mixture to a boil, stirring continuously with a whisk. Simmer until thickened, without stopping stirring.
8. Add the scallops and shrimp and, still with the whisk, add the tapioca starch mixture and water. Stir until thickened and remove from heat.
9. Pour this mixture into shells (or ramekins). Place on a baking sheet.
10. Garnish each shell with sweet potatoes using a pastry bag.
11. **Traditional cooking:** Heat the shells on the centre rack of the preheated oven to 350° F (180° C) for about 15 minutes, or until hot.  
**Hypotoxic cooking:** Heat the shells on the centre rack of the preheated oven to 230° F (110° C) for about 30 minutes, or until hot..