



Creamy Seafood Soup with Scallops, Mussels and White Garlic.



DIFFICULTY
LOW



CUISINE
MEDITERRANEA



SERVES
4



TYPE OF DISH
STARTER



PREPARATION TIME
45 MINUTES



TYPE OF GARLIC
WHITE

Ingredients

- 4 cloves of Big Garlic white garlic
- 100g prawns
- 4 scallops
- 200g cooked mussels
- 2 carrots
- 1 leek
- 1 Italian pepper
- 1 scallion
- 1 glass of white wine
- Extra virgin olive oil
- Salt
- Fresh parsley
- 1 litre of water and fish or seafood stock

Step by step



1. Peel and finely chop the garlic cloves.
2. Chop the scallion, carrots, pepper and leek.
3. Add a splash of oil and the garlic to a large pan over a medium heat. Just before the garlic starts to brown, add the scallion, pepper, leek and carrot, in this order.
4. Leave the vegetables to cook and then add the prawns, until they are golden on both sides.
5. Pour in the glass of white wine and let it reduce.
6. Add the water and fish or seafood stock and leave to cook for half an hour.
7. After this time has lapsed, pour everything into a mixer and blend together well until smooth. Next, pass the mixture through a fine sieve while applying pressure with a ladle or spoon.
8. Now that the soup is ready, return it to the pan over a medium heat until it starts to boil and then salt to taste.
9. To finish, add the scallops and a few drops of oil to a frying pan or griddle over a medium-high heat, until golden on both sides, and put aside.

FINISHING THE DISH

10. Place a scallop in the centre of a deep serving dish and sprinkle a pinch of fleur de sel over the top. Arrange 5 or 6 mussels around the scallop and carefully pour in the steaming hot creamy soup, garnishing with some fresh parsley and voila!

CHEF'S TIPS Miguel Ángel Mateos:

- The mussels do not require excessive heating, as the hot soup will warm them up.
- The meat of the scallops is best cooked quickly over a high heat, so that it doesn't lose its chewy texture.
- If you want your soup to have a bit more body, you can add a thickening agent of your choice, be this cornstarch, roux, xanthan gum or stale bread, or by straining it a second time.
- If you want to give your soup a more reddish colour, you can add some ripe tomatoes to the vegetables.
- In this instance we have made a soup using prawns, mussels and scallops, but these ingredients can easily be swapped for lobster, crab, shrimps...