



JOEL BENNETTS

At the age of 15 Joel Bennetts knew he wanted to cook. He landed his apprenticeship at Greg Doyle's highly awarded Pier in Rose Bay in the summer of 2007 and spent countless hours scrubbing oysters, scaling fish and learning the ins and outs of Australia's finest seafood. Joel then worked with Jeremy Strode at Bistrotte CBD where he honed his knowledge of classic bistro food, offal and the art of a good stock. Joel has spent the past 14 years developing a broad range of skills around his love of food, and has worked at Three Blue Ducks, Hotel Palisade, A.I.R MYOKO in Japan and Peppes in Bondi.

Seafood is his true passion, and he's about to launch FISHSHOP with the team from FISHBOWL.

SEARED SCALLOPS, MUSHROOM XO, PICKLED GINGER SHALLOT DRESSING

INGREDIENTS

10 Tasmanian scallops
2 spring onions finely sliced for presentation

Pickled ginger:

200ml rice wine vinegar
100g caster sugar
200g of ginger finely grated

XO sauce:

1 bunch enoki mushrooms
100g ginger sliced
25g garlic chopped
2 long red chilies chopped
2 eschalots chopped
2 coriander roots
Sesame oil
Chinese cooking wine

METHOD

XO Sauce:

1. Fry off all these ingredients in the sesame oil on a medium heat, you can get a little colour.
2. After 10 minutes deglaze with a splash of cooking wine.
3. Simmer until all ingredients are soft then process in a blender until fine but with texture, almost like crunchy peanut butter.

Pickled ginger:

Bring the vinegar and sugar to a boil then remove from heat, let cool for 5 minutes then add the ginger and place in fridge to cool.

Scallops:

1. Place a pan on a high heat, do not oil the pan, but oil the Tasmanian scallops generously, sear them for about 1 minute on 1 side then 45 seconds on the other.
 2. You want a beautiful golden sear on the presentation side.
 3. Place the xo sauce around the base of the plate, Tasmanian scallops on top, and finish with the pickled ginger.
 4. Sprinkle some finely sliced spring onions over the top.
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For all recipes visit – www.trade.tasmanian.com.au

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