BBQ'd Scallops with Black Bean, Lime and Coriander Dressing

Serves: 4 scallops per serving

To welcome summer, we have created a dish perfect for a BBQ with family and friends.

It includes seared scallops topped with a flavoursome, quick and easy-to-make sauce made with salted black beans, red onion, chilli, lime and coriander.

Salted black beans, known in Chinese cuisine as Douchi, are made by fermenting and salting black soybeans. They are the oldest known food made from soybeans, with historical evidence dating back to 165 BCE. Due to their saltiness, they are mainly used as a seasoning and a key ingredient in the famed black bean sauce, where they are combined with garlic and soy sauce.

INGREDIENTS

- 30gm Brown Sugar

- 55ml Rice Bran Oil

- $1\frac{1}{4}$ tsp Sesame Oil

- 20ml Light Soy Sauce

- 3 Limes - finely zest and juice.

- 40gm Salted Black Beans - soak in boiling water for 30 seconds, drain and lightly bruise with a fork.

- 60gm Red Onion - top, tail, peel, halve and finely dice.

- 15gm Long Red Chilli - remove stem and seeds (discard), and finely chop.

- $\frac{1}{4}$ bunch Coriander - use leaves and stem only - rinse, drain and finely chop.

- As Required - Extra Virgin Olive Oil Spray

- 16 Large Scallops (shell and roe removed)

- 16 small sprigs of Coriander - rinse and drain.

METHOD

1. In a mixing bowl, add the brown sugar, rice bran oil and sesame oil, whisk until thoroughly combined and the mixture has emulsified.

2. Add the soy sauce, lime zest, lime juice, black beans, onion, chilli and first quantity of coriander, then mix to combine. Set to one side for 30 minutes to allow the dressing's flavours to develop.

3. Heat and lightly spray oil on a BBQ flat plate. Once it is hot (beginning to smoke) add the scallops, cook for 30 seconds on each side or until they are lightly browned, then remove them from the heat.

TO SERVE

Place the scallops onto a serving board or platter. Then, evenly top each one with a small portion of black bean, lime and coriander dressing and garnish each with a sprig of coriander.