



KCAL*
252

NUTRITIONAL INFORMATION (by ration)

6,5	Protein
27,4	Carbs
12,3	Total fat
1,8	Saturated fat
8,2	Monounsaturated fat
1,5	Polyunsaturated fat
0,01	Cholesterol
2,4	Fiber
0,4	Sodium

ALLERGENS mussels, gluten

* Kcal by ration



60'



5 PAX



DIFFICULTY
MEDIUM



LEISURE



DOUGHS & BREAD

BUTTERNUT SQUASH, ORANGE AND SCALLOP COCA (CAKE)

PONS

USE:



**PONS
SELECCIÓN FAMILIAR**
EV00 Arbequina



**PONS
GREEN OIL**
EV00 Arbequina



**PONS CITRIC
WITH ORANGE**
EV00 with Orange

PAIR:



SISQUELLA
White wine



FLOCS
Cava Brut

INGREDIENTS

- 300 g** Coca dough
- 200 g** Butternut squash, diced into cubes
- 5** Fresh scallops
- 1** Tuft micro mesclun
- 100 g** Onion, cut very fine
- 100 ml** Fish fumet (stock)
- 25 ml** Pons Green Oil
- 15 ml** White wine
- 15 ml** Pons Citric with Orange
- A pinch of Maldon salt
- A pinch of black pepper

ELABORATION

- Cut the dough into 65 g pieces and knead. Allow the dough to rest so that it relaxes.
 - While the dough is resting, clean the scallops and set aside the flesh and the coral separately.
 - Fry the onion in Pons Selección Familiar Arbequina EV00 until it is quite syrupy. 🔥
 - Add the white wine to the fried onion and allow it to evaporate. 🔥
 - Add the scallop corals and sauté for 2 minutes. 🔥
 - Add the fish stock and allow it to boil for 5 minutes. Taste and correct salt. 🔥
 - Process the mixture in a grinder until very smooth. Strain if need and set aside. 🔥
 - Preheat the oven to 190 °C. 🔥
 - Dice the butternut squash into cubes and sauté, flavouring with oil, salt and pepper. 🔥
 - Roll out the balls of coca dough and place on a non-stick baking pan.
 - Lay the lightly sautéed butternut squash on top of the raw cocas.
 - Bake the cocas in the oven for about 10 to 15 minutes until golden and crunchy. Set aside. 🔥
 - Cut the shallots crosswise. Salt and pepper and sear in a very hot pan for one minute, with a drop of extra virgin olive oil to prevent over drying. 🔥
 - Arrange the micro mesclun in a bowl and dress with the orange oil.
- Transfer to plates:
- On the bottom of the plate, the butternut squash coca.
 - Over the coca, a teaspoon of shallot coral emulsion.
 - Over the emulsion, the shallot pieces with a touch of Maldon salt.
 - Over the shallot, a trickle of Pons Green Oil.
 - Over the shallot, a bouquet of micro mesclun with Pons Citric with Orange oil.

UTENSILS



Oven with
tray



Rolling pin



Thermomix®
or hand
blender



Chinese
colander



High heat



Medium heat



Low heat