

Salad of scampi and grapefruit

The scampi and grapefruit salad, a light and characterful dish where the sweetness of the crustacean blends with the acidity of the citrus in a balanced dish, perfect for late-summer lunches.



45'



4 people

Ingredients

1 kg Scampi
3 pcs Zucchini
3 pcs Carrots
1 pc Grapefruit
1 pc Fennel
A.r. Grapefruit flavored oil
A.r. salt
A.r. pepper

Procedure

Begin by cleaning the scampi, taking care to remove the intestine, leaving someone whole by affecting only the body.

Peel the grapefruit and, with a very thin knife, get the cloves without the albedo. Keep the spilled juice during the operation and mix it in the olive oil to create an emulsion.

Cut the fennel into very fine julienne (best if you have a slicer) and marinate it with the grapefruit emulsion, a little salt and pepper.

Cut in very thin strips the zucchini and carrots, lay them on a perforated pan and bake in following the table instruction.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	92°	5'	/	100%	V4	ON

Put the clean scampi and those engraved on a perforated baking pan and proceed with cooking.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	99°	3'	/	100%	V5	ON

Plating

Assemble the dish by placing the strips of zucchini and carrots on the bottom, then the marinated fennel, then place prawns and grapefruit to form a crown decorated with a fennel mustache and a whole scampo.

Chef's tips

The thinner the vegetables are cut, more they will be pleasant to the palate. Do not overcook the scampi, otherwise the pulp may be stringy.