

Want to try cooking a delicate and elegant dish? Check out this delicious recipe of Sautéed scallops with mushrooms & spinach sauce.

## Ingredients

3 big knobs of butter

100g mushroom, sliced (button, chestnut or cleaned wild)

100g spinach, stems trimmed and washed

2 tsp groundnut oil

6 good-sized scallops, shelled and cleaned (with or without corals)

Nutmeg, for grating



## Method

1. Melt a knob of butter in a frying pan. Once sizzling, add the mushrooms and fry for just a min or two before adding the spinach. Cook on a high heat for about 1 min, allowing the leaves to wilt and soften. Drain the leaves and mushrooms in a sieve or small colander set over a bowl, pressing them gently in the sieve to release the juices (the juices will provide the base for the sauce, so don't discard them). Keep warm to one side.



1. Heat the oil in a separate clean frying pan. When very hot, add the scallops. Sauté for a couple of mins without disturbing them at all, then add a knob of butter to the pan. Turn the scallops, season with salt and pepper, then baste with the sizzling butter. Continue to cook for a further couple of mins until the scallops are ready.
2. While sautéing the scallops, return the saved spinach juices to the pan the spinach and mushrooms were cooked in, then whisk in the remaining knob of butter to create the sauce. Season with salt and pepper and a grating of nutmeg.



3. Now finish in style: Arrange spinach and mushrooms on plates or in bowls, sit the scallops on top, then spoon the nutmeg spinach sauce around. As suggestion of pairing, Cantayano, Vino de la Tierra de Castilla y León, delivers a deep, complex bouquet with bags of personality, revealing a nose of pear, peach stone, wild fennel, beeswax, saline and a nice herbal touch of lemongrass. On the palate the wine is pure, focused and very full-bodied for Verdejo, with a rock solid core, excellent minerality, fresh acidity and outstanding length and grip on the vibrant and still quite youthful finish.