**Parmesan Baked Scallops**

This is one of those dishes that people often remind me about but it was such a simple dish. It gave wonderful flavours and a recent trip to Padstow seeing scallops being sold reminded me of this.

I baked this originally in wood fire oven in the restaurant but you can just use a standard oven.

*Serves 6*

24 scallops, cleaned

24 scallop shells – fishmongers will be able to get these for you easily and you can wash them and use again.

200g herb butter

300g finely grated parmesan

1 handful Italian parsley leaves, finely chopped

Soy sauce

3 limes cut in half

**Herb Butter for scallops**

7 garlic cloves minced

2 teaspoons fine salt

500g soft butter

½ bunch flat leaf parsley, finely chopped

½ bunch tarragon, finely chopped

20g shallots, finely chopped

1 tablespoons cornichons, finely chopped

2 tablespoons capers, finely chopped

75ml Pernod

1 lemon, juiced & zested

1g Freshly ground black pepper

First make the herb butter.

Place the butter in a mixer with a paddle or whisk attachment and whip until the butter is almost white.

Remove and put in a mixing bowl and fold in all remaining ingredients until thoroughly and evenly mixed.

Place to one side.

Preheat oven to 220°C.

Take each scallop, wash well and place on a cloth to absorb excess water.

Make sure the shells are washed and dry.

Place about a teaspoon of the soft herb butter in the centre of each shell.

Then place the scallop meat around the centre over the butter and push down so the butter forms around each scallop.

Mix the Parmesan and parsley together and cover the scallop meat evenly.

Drizzle about 1 teaspoon of soy sauce over each scallop.

Place in the oven and cook until they are golden brown. The scallop must be tender and not overcooked.

Serve immediately 4 scallops per portions with half a lime.

Accompany with a glass of white wine, great artisan bread and a simple dressed salad.