



**Sydney Morning Herald**  
Tuesday 1/12/2009  
Page: 8  
Section: Good Living  
Region: Sydney Circulation: 208,210  
Type: Capital City Daily  
Size: 320.98 sq.cms.  
Frequency: MTWTFS-

Brief: CHERRY  
Page 1 of 2

## good living **in season**

### Watercress and lemon salad with seared scallops

- 2 tbsp extra virgin olive oil
- 1 tbsp chopped oregano
- 2 tbsp chopped flat leaf parsley
- 1 shallot, finely chopped
- 2 tsp grated lemon rind
- 2 tbsp lemon juice
- 3 tsp salted capers, rinsed and coarsely chopped
- Salt and cracked black pepper
- 12 large scallops, muscle removed
- 4 cups watercress sprigs

Combine oil in a small bowl with oregano, parsley, shallot, lemon rind and juice and capers. Add salt and pepper and stir well.

Oil a ridged pan and place over high heat. When hot, add the scallops. Sear over high heat then turn and cook briefly. Remove to a plate. Combine watercress sprigs with about two-thirds of lemon mixture and toss gently. Divide watercress salad evenly between four plates, top with warm scallops and spoon over remaining lemon mix.

**Serves 4**

#### WAYS WITH WATERCRESS

**Cook** quartered peaches, sprinkled with a little five-spice powder, in a pan with a drizzle of honey and knob of butter. Remove and cook duck breast fillets in the pan, then set aside. Mix two parts olive oil with one part red wine vinegar and a chopped shallot. Combine watercress sprigs and peaches in a bowl with the dressing and toss gently. Slice duck thinly and serve on top of salad.

**Chop** watercress leaves finely and mix with softened butter and cracked black pepper. Butter thinly sliced multigrain bread and cut into fingers. Serve with cooked king prawns, fresh oysters and lime cheeks.

**Combine** watercress sprigs, sliced celery, segmented oranges, thinly sliced red onion and sliced cucumber in a bowl. Mix a dressing of equal parts lemon juice and olive oil, grated orange zest, seeded mustard and honey to taste. Pour dressing over salad and sprinkle with toasted pine nuts. Serve with barbecued lamb skewers.

**Styling** Cidonie Richards

**Merchandise** Kmart, see [kmart.com.au](http://kmart.com.au)



Photo: Marco Del Grande

**By Lynne Mullins**



## Sydney Morning Herald

Tuesday 1/12/2009

Page: 8

Section: Good Living

Region: Sydney Circulation: 208,210

Type: Capital City Daily

Size: 320.98 sq.cms.

Frequency: MWTFS-

Brief: CHERRY  
Page 2 of 2



## IN AND OUT

**Apricots** Good fresh and cooked.

**Blueberries** After heavy rains on the NSW North Coast, the harvest is back on track.

**Celery** Prime time for Victorian celery.

**Cherries** Bigger varieties arriving.

**Dragonfruit** Serve chilled.

**Eggplants** Field-grown may be marked on the skin but are cheapest.

**Herbs** All plentiful.

**Papaya** Good supplies.

**Plums** Early varieties of yellow-fleshed plums.

**Lychees** Eat soon after buying for best flavour.

**Raspberries** Victorian fruit available.

**Strawberries** Great flavour and texture.

**Watercress** Use for salad variation (see recipe, right).



Photos: Steve Bacon, Domino Postiglione