**Shrimps in a saffron sauce with seared scallops**

Serves 4 people

**Ingredients**

8 - 16–20 Shrimp peeled and deveined

4- u12 scallops cut in half or 8 10-20 whole

1 cup black lentils

2 cups chicken stock

2 tbsp each chopped garlic and shallot (optional)

2 oz Pernod or a similar anise liquor

8- 10 treads of saffron

1 500ml 35% cream

2 tbsp butter

**Method**

1. Put half of the butter in a hot sauce pan and when melted and bubbling add ½ of the shallot and garlic.
2. Cook till translucent then add the stock
3. When boiling add the lentils and simmer till done. Then hold. (about 20 min)
4. In a hot fry pan add remaining butter, when melted and bubbling add ½ of the shallot and garlic.
5. When these are translucent add your saffron then your shrimps and toss together
6. Add your pernod then the cream and simmer.
7. When the shrimp are just cooked, (no more grey) remove them from the sauce and reduce.
8. When the sauce is smooth, season with salt and pepper and hold.
9. Season the scallops, and pre heat a skillet.
10. With a fine film of oil in a hot skillet, sear the scallops till just cooked on both sides. Do not over crowd the pan. Remove and hold.
11. Reheat your lentils and sauce with the shrimps back in. Adjust seasonings if needed
12. Plate and garnish.
13. Have fun with this dish and add chopped tomato. Leeks, herbs, mushrooms or anything else you may desire to the sauce to give it different colors flavour and textures. Just be sure not to overcook the seafood.