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## *WINTER GREEN STEW WITH SAFFRON SCALLOPS*

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To improve your immunity, nothing is better than a green stew with Saffron infused Scallops.



**Tomatillos** contain all the right ingredients for optimal nutrition, they are a source of dietary fibers, niacin, potassium, and manganese. They contain vitamins C, K, Beta carotenes, iron magnesium, phosphorus, and copper.



**Saffron**, with main components crocin, picrocrocin and safranal, is known since centuries for improving memory, and to have a powerful anti-inflammatory power. New studies confirmed and suggest more efficiency in anti-atherosclerotic diseases, it is now a promising agent in the treatment of nervous system disorders.

**Kombu** stock provides minerals trace of germanium, magnesium, zinc, vitamins, B, C, D and E calcium, iron, iodine, and soluble fiber. All elements to support immuno-cells efficient work

### **Ingredients**

#### **Stew**

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- 1 pound tomatillos
- 1 cups cilantro leaves
- 1 cup parsley leaves
- 3 scallions white and green parts sliced
- 1 serrano chile, sliced
- 2 cups Kombu Stock\*
- ½ ripe avocado
- 1 tablespoon avocado oil, for cooking
- 1 pinch of sea salt to taste



- 1 1/2 pounds sea scallops (or white fish fillets such as rock cod or halibut)
- 1 lemon
- few saffron threads
- ¼ cup of spring water

Addition to serve with it

- Avocado cream\*\*
- Cilantro leaves
- Parsley leaves
- Thinly sliced white onion

**Directions**

Pour few threads of saffron in ¼ cup of water, let the scallops marinate for a moment, minimum 1 hour.

Bring a large pot of salted water to a boil. Blanch the tomatillos until soft but still whole, about 5 minutes. Remove from the heat and drain;

Clean and slice cilantro, parsley, scallions, serrano pepper.

Peel and dice ½ avocado

Place the tomatillos in a blender with the cilantro and parsley leaves, green onions, serrano chiles, kombu stock, and diced avocado.

Purée until smooth. Transfer the sauce to a medium saucepan and bring to a boil over high heat. Lower the heat and simmer for 10 to 15 minutes, or until slightly reduced.

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Meanwhile, pat the scallops 5-6 per serving, spread some rice flower on both sides. Place a large sauté pan over moderately high heat; add enough avocado oil to coat the bottom of the pan. Add the scallops in one layer and cook for 2 to 3 minutes, or until each piece moves easily with a slight prod. Flip them add the remaining saffron marinade and cook for 2 minutes more, or until they are opaque throughout.

Meanwhile, taste the puree-soup. Adjust the seasoning as needed: lime or lemon to enhance freshness from herbs mix, and serve it on the table.

Divide the scallops among the serving bowls, and ladle the sauce on top. Garnish each with a spoonful of avocado herbs cream.



\*Kombu Stock

Kombu

Small fishes

Shitake

Clean with a dry clean kitchen towel 1 oz of kombu or Kelp.

In a large pot pour 1 quarter of spring water, Set the kelp from 1 hour to overnight.

Then add the other ingredients.

Heat to a boil, take off the heat and let it cool. Take the kombu shitake and fish out and transfer the clear stock in an airtight container to wait to be used.

\*\*Avocado herb Cream

½ diced avocado

1 cup herbs leaves

1 lime juice

Blend all elements to obtain a thick cream, add some water if you want a lighter consistency.

**The effects of *Crocus sativus* (saffron) and its constituents on nervous system: A review**

[Mohammad Reza Khazdair](#),<sup>1,2</sup> [Mohammad Hossein Boskabady](#),<sup>1</sup> [Mahmoud Hosseini](#),<sup>3,\*</sup> [Ramin Rezaee](#),<sup>4</sup> and [Aristidis M. Tsatsakis](#)<sup>5</sup>

[Crit Rev Oncol Hematol](#). 2017 Jul;115:27-35. doi: 10.1016/j.critrevonc.2017.04.010. Epub 2017 Apr 27.

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**Mechanism behind the anti-tumour potential of saffron (Crocus sativus L.): The molecular perspective.**

[Patel S](#)<sup>1</sup>, [Sarwat M](#)<sup>2</sup>, [Khan TH](#)<sup>3</sup>.

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