

Chef from the Hood Recipes



Chef:
David Connors

Restaurant:
Fiesta & Pacific Market

Recipe:
Harvest Fair pan-seared Scallops with Citrus Beurre Blanc & Balsamic Reduction

Ingredients

First, mix together a thick olive oil & fresh herb marinade:

1 teaspoon each of chopped fresh herbs: rosemary, oregano, thyme, basil & flat leaf parsley mixed with

1/4 cup extra virgin olive oil; 1 teaspoon Kosher salt; and a few generous grinds (to taste) of fresh ground black pepper

Toss & coat 12 very large fresh scallops (about 20 ounces of U-10 size) with the marinade. Marinate all day or overnight in refrigerator.

Make the beurre blanc by placing the following ingredients into a heavy non-aluminum saucepan:

1 cup white wine; 1 each rough chopped shallot & garlic clove; 1 teaspoon whole black peppercorns; 2 bay leaves; juice of 1 lemon; & a few sprigs of fresh thyme.

Heat pot over a medium flame and simmer, stirring, until liquid is reduces to almost nothing (about 1 tablespoon) or to what the French call "allsec" or almost dry. Do not let this reduction burn! Turn off the heat and whisk in 1/4 pound (or 1 stick) of butter one pat at a time. The French call this "monte au beurre" or mounting with butter. When all mixed together, strain sauce and reserve in warm pan.

In another small pot, make a Balsamic reduction by simmering 1 cup Balsamic vinegar until it thickens to a honey-like consistency.

Lastly, sear marinated scallops & plate with sauces & garnish: Use a very hot (smoking!) cast iron or other heavy skillet to sear each side of the scallops. Place 3 seared scallops (for appetizer) or 6 (for an entree) into a plated pool of warm buerre blanc. Drizzle with a little Balsamic reduction. Top with a confetti of very tiny red pepper dice.

Last weekend's Harvest Fair had our Chef David Connors demonstrating (to a salivating crowd) how to make this delectable dish. Beurre blanc, the most classic of all French sauces is festive when served with seared scallops as an appetizer for four and sublime as a romantic main course for two. We recommend you try making David's recipe tonight, then filing it away to make again later. Remember! Holiday ideas will be needed soon at a kitchen near you!