

Scallops & Endive

Scallops

8-10 medium scallops	Salt and pepper to taste
2 Tbsp. Extra Virgin Olive Oil (EVOO)	2 heads endive

Sauce

2 Tbsp. EVOO	1-2 fresh red chilies, de-seeded and minced
1 Tbsp. Tennessee Gourmet® Salad Dressing Plus	1 clove garlic, minced
1 tsp. fresh lemon juice	1 pinch fresh ground pepper
¼ cup fresh coriander, chopped	

Scallops

Rinse off the scallops, and pat them dry to remove moisture. Place on a cutting board or other clean, dry surface. Gently dab with a paper towel to remove any remaining moisture. You want to make sure the scallops are very dry before frying them in order to achieve a good sear on both sides of the scallops.

Warm a wok or large frying pan over medium-high heat (allow pan to warm up at least 1 minute). Now add 2 Tbsp. oil to the wok or frying pan. Swirl the oil around in the pan. Gently place the scallops in the pan, leaving adequate space between them (this will give you room to turn them).

Tip: Do not attempt to move them once you've placed them in the hot pan, or they will tear.

Allow the scallops to cook undisturbed for at least 2 minutes before attempting to turn them. Larger scallops may take as long as 3-4 minutes per side. While scallops are cooking, season them with a pinch of salt and black pepper.

After 2-4 minutes, use a sharp spatula to gently lift the scallops from the bottom of the pan and turn. Now season the tops with salt and pepper and continue cooking 2-4 more minutes. If you are cooking your scallops in batches, be sure to add a little more oil before adding fresh scallops to the pan/wok.

Scallops are done when both sides have a nice crispy-looking crust, and they are firm (no longer "squishy") to the touch. Also, when scallops are done, you will see them "open" slightly, as though they are going to flake.

Remove cooked scallops from the pan and place on a paper towel while you prepare the sauce.

Sauce

Combine all sauce ingredients in a small frying or sauce pan. Place the pan over medium heat-high. Stir continuously for 30 seconds to 1 minute - just long enough to lightly cook the garlic and turn the chili bright red. Don't over-cook, or

Featuring Tennessee Gourmet® Products

© 2008

you will lose the flavor of the fresh coriander (think of "warming" the sauce rather than cooking it). Remove from heat.

Taste-test the sauce: Add a little more Salad Dressing if not salty enough (up to 1 more Tbsp.), or a little more lemon juice if too salty.

Place the seared scallops directly in the pan with the sauce. Gently turn the scallops to cover with sauce.

Wash and cut ends off the endive, shake to dry. Arrange the leaves on a plate. Gently lift the scallops out of the pan and place on the bed of leaves. Pour the rest of the sauce from the pan over the scallops, or spoon some over - as much as you desire.