



LEMON PISTOU SEA SCALLOPS WITH SPRING VEGETABLE SUCCOTASH

Deneb Williams ~ Executive Chef
(Serves 4 guests)

INGREDIENTS

8-12 U10 sea scallops
to taste salt & pepper
¼ cup olive oil or vegetable oil blend
¼ cup Lemon-Herb Pistou (*see recipe below*)

SUCCOTASH

1 ear of corn
¼ lb English peas, *shelled*
¼ lb fava beans, *shelled*
½ lb asparagus, *cut into ½" pieces*
¼ lb cipollini onions
¼ lb small red potatoes
2 Tbsp 80/20 blended olive oil

1 Tbsp garlic, *minced*
¾ cup chicken stock
2 Tbsp butter
1 Tbsp fines herbes

PROCEDURE

VEGETABLE MISE EN PLACE

Note: all vegetable mise en place may be done one day ahead

- Place corn under broiler directly on rack for 7-9 minutes, turning until charred. Cool then cut kernels off cob and set aside.
- In salted boiling water, blanch shelled peas and fava beans for 2-3 minutes. Shock in ice water and set aside.
- Blanch asparagus in salted boiling water for 1 minute. Shock in ice water, drain and set aside.
- Roast cipollini onions in 350° oven for 20-30 minutes. Cool and peel, then quarter and set aside.
- Toss red potatoes in olive oil and roast in 350° oven for 15-20 minutes. Cool, then quarter and set aside.

SUCCOTASH

- In a sauté pan on medium heat combine garlic and roasted cipollini onions. Sauté for 1-2 minutes until the garlic is aromatic (do not brown).
- Deglaze pan with chicken stock and add remaining vegetables.
- Reduce stock for 2 minutes until vegetables are hot and ¼ cup of liquid remains.
- Turn heat to low, add butter and stir constantly until butter is melted and sauce is thickened. Add fines herbes and set aside.

SCALLOPS

- Liberally season scallops on both sides with salt and pepper.
- In a sauté pan on medium-high heat, sear the tops of the scallops for 3-4 minutes in oil until deeply caramelized.
- Flip scallops and roast in 350° oven for 4-6 minutes.

TO SERVE

- Portion succotash on to four plates.
- Place sea scallops on top of succotash.
- Garnish with 1 tsp Lemon-Herb Pistou on top of each scallop.

LEMON-HERB PISTOU

(Yield ½ cup)

INGREDIENTS

| | |
|---------|------------------------|
| 1 bunch | parsley |
| 1 bunch | chervil |
| 1 bunch | tarragon |
| 1 bunch | scallions |
| ¼ tsp | crushed chili flakes |
| 1 tsp | pepper blend |
| 1 Tbsp | garlic, <i>minced</i> |
| ½ cup | extra virgin olive oil |
| 2 Tbsp | fresh lemon juice |
| 1 ea | lemon, <i>zested</i> |

PROCEDURE

Purée all ingredients in blender until very smooth.