

PAN SEARED SCALLOPS WITH WARM BEET SALAD, PEA SHOOTS AND TOASTED PINE NUTS (serves 2)

INGREDIENTS

for the Beet Salad

2-3 medium beets, boiled, peeled and diced to 1/2 inch dice

1 small shallot, finely diced

salt and freshly ground pepper

2 tablespoons vegetable oil

2 tablespoons balsamic vinegar

1/4 cup toasted pine nuts

For the scallops

8-10 large dry sea scallop, small side muscles removed

salt and freshly ground pepper

2 tablespoons vegetable oil

2 tablespoons unsalted butter

Additionally:

1/2 cup pea shoots (or other microgreens)

INSTRUCTIONS

Start by preparing the scallops. Place them on rimmed baking sheet lined with clean kitchen towel. Place second clean kitchen towel on top of scallops and press gently on towel to blot liquid. Let scallops sit at room temperature 10 minutes while towels absorb moisture.

In the meantime, prepare the beet salad. Heat vegetable oil in medium nonstick skillet over high heat until just smoking. Turn the heat to medium and add the shallot; sauté for 3-5 minutes until golden. Add the diced beets and warm through for 3-5 additional minutes. Turn off the heat, deglaze with the balsamic vinegar. Salt and pepper as desired. Tent loosely with foil to keep warm until the scallops are done.

Sprinkle scallops on both sides with salt and pepper. Heat 1 tablespoon oil in 12-inch nonstick skillet over high heat until just smoking. Add half of scallops in single layer, flat-side down, and cook, without moving, until well browned, 1 1/2 to 2 minutes. Add 1 tablespoon butter to skillet. Using tongs, flip scallops; continue to cook, using large spoon to baste scallops with melted butter (tilt skillet so butter runs to one side) until sides of scallops are firm and centers are opaque, 30 to 90 seconds longer (remove smaller scallops as they finish cooking). Transfer scallops to large plate and tent loosely with foil. Wipe out skillet with wad of paper towels and repeat cooking with remaining oil, scallops, and butter.

Plate the beet salad and sprinkle pine nuts on top. Arrange scallops on plate and garnish with pea shoots. Serve immediately.