

EPISODE 10

INGREDIENTS

For the Scallops:

2 tbsp grapeseed oil

10 each U10 scallops, dry packed, cut in half widthwise

OF

12 each U10 Scallops, dry packed, whole

For the Sweet Corn Puree:

4-6 each fresh yellow corn, shucked

Kosher salt to taste

2 tbsp unsalted butter, cubed



PAN SEARED SCALLOPS WITH SWEET CORN PURÉE

DIRECTIONS:

For the Scallops:

- Heat grapeseed oil in a large non-stick sauté pan over medium to medium high heat.
- Season the scallops with salt and pepper on both sides.
- Add the scallops to pan and sear on both sides until medium golden brown, about 60 seconds on each side for halved scallops and 1 ½ - 2 minutes for whole scallops.
- 4. Place cooked scallops onto a small sheet tray with a resting rack or a

large plate with paper towels to drain off excess fat.

For the Sweet Corn Purée:

- 1. Cut the corn kernels off all of the ears of corn.
- 2. Discard the ears.
- 3. Put the corn kernels into a blender and blend until smooth.
- Strain the blended corn into a medium size sieve within a large mixing bowl. Press the corn with a spoon or rubber spatula to push the corn juice through.
- 5. Discard the corn pulp.

- Pour the corn juice into a medium sauce pot. Turn the heat on medium low heat and reduce the juice until nappe.
- Strain the thickened juice with a sieve into another saucepan on low heat.
- 8. Whisk in 2 tablespoons of butter and season to taste. Reserve for plating.
- If making for future use, pour the puree into a food safe container and chill in an ice bath before covering.