



SEARED SCALLOPS WITH SPRING PEA AND WHITE TRUFFLE RISOTTO

» Serves 2

INGREDIENTS

8 sea scallops, 10/20
¼ c extra virgin olive oil
Salt and black pepper
1 c fresh spring peas, blanched (can substitute frozen peas)
½ c chicken stock (can substitute vegetable stock)
2 oz. white truffle oil
½ c heavy cream
¾ c Arborio rice
2 ½ c chicken stock (may substitute vegetable stock)
1 tbsp. olive oil
½ c shallots, chopped
½ cup Parmesan Reggiano cheese
Pea tendrils (optional)

DIRECTIONS

Risotto: Bring 2 1/2 cups of stock to a simmer in a medium saucepan over medium-high heat. Reduce heat so broth remains warm. Heat oil in sauce pan over medium-low heat. Add shallots and cook, stirring, until softened and fragrant, about 2-minutes. Add rice and stir to coat. Stir in ½ c up of the hot broth. Cook, stirring frequently, until the liquid has been absorbed. Continue to cook rice on medium low heat, adding broth in ½ cup segments and stirring until most of the liquid is absorbed. The risotto is done when the rice is creamy and just tender, approximately 25– 30 minutes. Remove rice from heat and stir in the Parmesan.

Pea Puree: Blanch peas until tender, drain and return to pan. Add 1/2 cup chicken stock and heavy cream to pan and season with salt and pepper. Bring to a simmer and remove from heat. Pour into a blender and puree until smooth. Check seasoning. Set aside to cool.

Heat olive oil in a nonstick skillet over medium-high heat. Season scallops with salt and pepper. Add scallop to the pan and sauté for 2 – 3 minutes per side, until the scallops are golden brown and the centers are opaque. Remove scallops from heat and keep warm.

Mix together ½ cup of the pea puree to the risotto, add 2 tablespoons of Parmesan cheese and a drizzle of the white truffle oil.

TO SERVE

Spoon the warm risotto in a bowl, arrange sea scallops on top of rice and garnish with pea tendrils.
