

Seared Scallops in Red Pepper Sauce

Serves 2

Great accompanied by asparagus and wild brown rice or couscous

Ingredients:

1 Tablespoon olive oil

*2 red peppers, seeded, roasted, peeled and cut into strips

1 large shallot minced

3 Tablespoons white wine

3 Tablespoons heavy cream

salt and pepper

1 Tablespoon parsley minced, plus more for garnish

1 Tablespoon canola or grapeseed oil

2/3 - 1 pound (U-10) dry sea scallops (approximately 4 - 6 pieces), rinsed and patted dry

Directions:

1. Heat olive oil in a large skillet over medium heat. Add the peppers and shallots. Saute until tender (about 5 minutes). Add the wine and simmer gently uncovered for an additional 10 minutes, or until the wine is reduced by at least half.
2. Pour mixture into a blender or food processor. Whir until smooth.
3. Pour the pepper mixture back into the pan over low heat. Whisk in heavy cream. Simmer over low heat for 10 minutes. If the sauce is very thick, you can add some water, vegetable or seafood broth to thin the sauce. Season with salt and pepper.
4. Stir in parsley and cook for an additional 2 minutes. Set red pepper sauce aside.
5. Heat canola oil in a large skillet over medium high heat. Sprinkle dry scallops with salt and pepper. When the oil begins to shimmer, add the scallops to the pan. Cook 4 minutes on each side until scallops are opaque and golden brown on each side.
6. Place 3 tablespoons red pepper sauce on each plate. Top with scallops. Sprinkle with additional parsley if desired and serve.

***Chef's Tip:** You can purchase roasted peppers in a jar or at your supermarket olive bar. Otherwise, [here's how to oven roast your red peppers](#): Preheat broiler to high. Prepare a half sheet pan with foil and a spritz of cooking oil. Remove seeds and membranes from the peppers. Cut the peppers into 3 - 4 flat pieces. Place pieces skin side up on the half sheet pan. Broil the peppers on the top rack for 10 minutes, or until the skin is blackened. Place peppers in a paper bag. Fold bag closed and let stand 10 minutes. Peel the peppers, and discard the skins. Cut peppers into strips and proceed to step 1 above.

Recipe courtesy of Christina Dimacali of Clean Your Plate Personal Chef Service, Philadelphia