

Scallops with Blood Orange Gastrique

Scallop recipe by Paley's Place, Portland, OR, from Bon Appetit, Feb. 2011

http://www.bonappetit.com/recipes/2011/02/scallops_with_blood_orange_gastrique



Beautiful presentation. Allow plenty of time to make this. Worth the effort!

BLOOD ORANGE GASTRIQUE:

3 tablespoons sugar

1 tablespoon Sherry vinegar

1 cup orange juice, from blood oranges, preferably (about 6 oranges)

1 1/2 cups low-salt chicken broth

SCALLOPS & BRUSSELS SPROUTS:

2 large blood oranges, peeled, separated into segments

1/4 cup fresh parsley, chopped

1/4 cup fresh tarragon, chopped

1/4 cup fresh mint, chopped

4 tablespoons olive oil, divided use (I used grapeseed oil because it has a higher flash point)

Coarse kosher salt

8 ounces brussels sprouts, leaves removed from core, core discarded

20 large sea scallops, side muscles removed

POTATO CELERY ROOT MASH:

1 pound russet potatoes, peeled, cubed

1 pound celery root, peeled, cubed

2 tablespoons half and half, or cream, or milk

2 tablespoons unsalted butter

Salt and pepper to taste

Servings: 4

If you want to get that restaurant-quality caramelized crust on a scallop, you need to do three things: "Rinse it, pat it dry with a paper towel—and then get your pan really hot. Don't be afraid," says Vitaly Paley, chef at Paley's Place. We've found that one to two minutes per side browns the scallops without overcooking them.

1. Place sugar in heavy medium saucepan. Heat over medium heat until sugar begins to melt. Stir until sugar dissolves, then cook without stirring until deep golden, about 5 minutes. Gradually add vinegar (mixture will harden). Stir until caramel melts, about 1 minute. Add orange juice; boil until mixture begins to thicken, about 5 minutes. Add broth; boil until gastrique coats spoon and is reduced to generous 1/2 cup, about 15 minutes. (DO AHEAD: Can be made 3 days ahead. Cover; chill. Rewarm over medium heat.)

2. MASH: Prepare celery root. Add water to cover and bring to a boil. After the celery root has reached a boil, add the cubed potatoes. Simmer for 20 minutes, or until tender. Drain. Mash or put mixture through a ricer. Add cream, butter, salt and pepper to taste. Set aside. (DO AHEAD: Make up to 2 days ahead. Reheat in microwave until piping hot before serving.)

3. Mix orange segments, parsley, mint, and tarragon in medium bowl. Drizzle with 1 tablespoon olive oil; toss to coat. Season salad with coarse salt and pepper.

4. Heat 1 tablespoon olive oil in heavy large skillet over medium-high heat. Add brussels sprouts and toss until just tender, 3 to 4 minutes. Transfer brussels sprouts to bowl. Add 2 tablespoons olive oil to same skillet. Sprinkle scallops with salt and pepper. Add scallops to skillet and cook until browned and just opaque in center, 1 to 2 minutes per side.

5. Arrange scallops and brussels sprouts on plates. Drizzle gastrique over scallops. Garnish with citrus salad.

Per Serving (excluding unknown items): 466 Calories; 22g Fat (39.9% calories from fat); 19g Protein; 56g Carbohydrate; 8g Dietary Fiber; 35mg Cholesterol; 222mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>