

## Sautéed Scallops with Lemon,Parsley and Garlic

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Ingredients : □ Serves 5

1 recipe Lemon Coulis (see following)\*  
1 recipe Parsley Puree (see following)\*  
1 recipe Garlic Cream (see following)\*  
1/2 bnch Italian Parsley  
1 lb Sea Scallops  
2 Tbls Sea Salt  
4 cups Vegetable oil for frying

Procedure:

Wash parsley thoroughly and rinse. Pick the parsley leaves and pat dry with a paper towel. In a pot heat the oil on a medium-hi flame. Fry the parsley leaves in the oil until crispy. Using a slotted spoon remove the parsley from the oil and place onto some paper towels. In a sauté pan sear the scallops until golden brown on one side, basting continuously. Turn the scallops and sear on the other side for a few seconds still basting. Remove the scallops from the pan and arrange them on the plate. Season the scallops with sea salt. Drop a small pool of each sauce\* around the scallops.

### **Recipe: Lemon Coulis**

Ingredients:

7 Lemons, Wide Strips of the peel, remove the inner white  
1/4 cup Lemon juice  
3 Tbls Sugar  
1 tsp Salt  
2 Tbls Grape seed or olive oil

Procedure:

Using a vegetable peeler, remove zest from the lemon without removing the white pith below the skin. Squeeze 1/4 cup of juice from the lemons and reserve. Place the zest in a small pot and add enough water to cover. Bring to a boil over high heat, drain the zest and repeat the process 3 times. Combine the zest with the sugar and salt in a pot and cover with water again.

Bring to a boil, simmer for 10 minutes, drain and reserve the liquid. Blend the zest with the oil, and some of the reserved liquid, the lemon juice in a blender to a smooth consistency. Adjust the sourness of the lemons by adding more sugar if needed.

### ***Recipe: Parsley Puree***

#### **Ingredients:**

4 bnch Italian Parsley, leaves only  
1/4 cup Grape seed Oil  
1/4 cup Cold Water  
1 tsp Salt

#### **Procedure:**

Blanch the parsley in boiling salted water for 30-seconds and shock in ice water. Cut the majority of the stems off of the parsley and discard. Using a paper towel, squeeze all the excess water out of the parsley. Blend the parsley in a blender with the oil and water to a smooth consistency.

### ***Recipe: Garlic Cream***

#### **Ingredients:**

1 cup Garlic Cloves, ends trimmed  
2 cups Milk or 1/2 & 1/2  
Salt to taste

#### **Procedure:**

Place the garlic in a pot and cover with water. Bring to a boil and drain repeating the process 3-times. Cover garlic with milk, bring to a boil and simmer for 5-minutes. Blend in blender to a smooth consistency, strain through a fine sieve.

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