

GOURMET FISHING

Season II - Episode I

INFO-SHORTS

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Pan Seared Scallops
Topped with Pan Seared
Shrimp
Severed with a Citrus
Butter Sauce



Host, Chef & Guide, David Murray





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Grocery List

U10 Scallops

Medium Shrimp, peeled with tails intact

Salt

Pepper

Oil, flavorless

Lemon

Lime

White Wine, to your taste

Heavy Cream

Butter



Pan Seared Scallops

Topped with Pan Seared Shrimp served with Citrus Butter Sauce

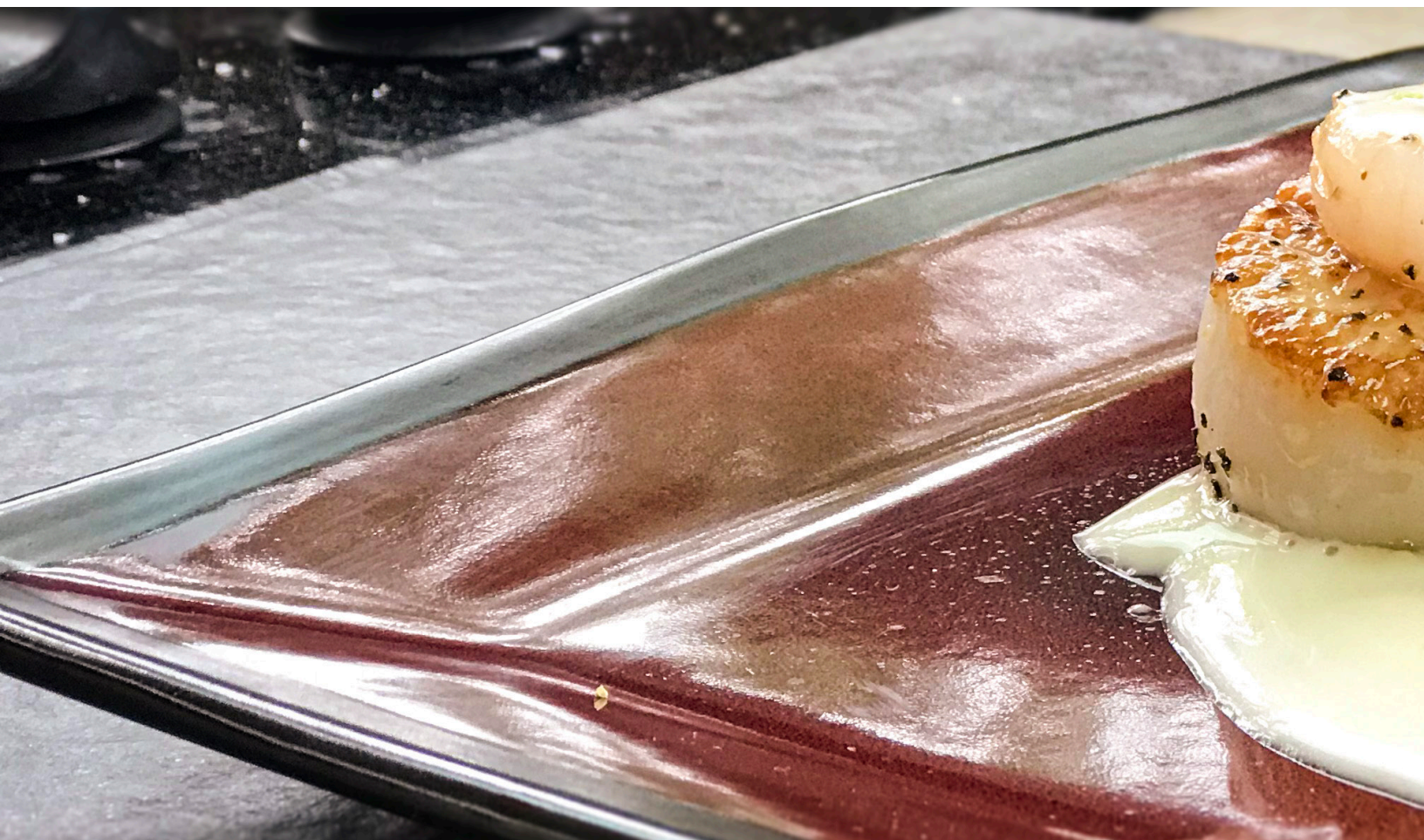
Ingredients

Serve 2

4 U10 Scallops
4 Medium Sized Shrimp, peeled with tails intact
Salt to taste
Pepper to taste
Oil, flavorless, canola, grape seed, ect

Citrus Butter Sauce

1/4 Cup White Wine, what ever wine you prefer
1 Lemon
1 Lime
1/2 Cup Heavy Cream
4 Tbl Cold Butter
Lime Zest



Pan Seared Scallops

Topped with Pan Seared Shrimp served with Citrus Butter Sauce

Heat a non-stick pan over high heat. Salt and Pepper the scallops and shrimp to taste on each side.

Add 1/2 tablespoon of oil to the pan and swirl the oil. The pan should be hot and the oil just beginning to make. Lay the scallops in the pan in a clockwise-circle and away from you. Let the scallops sear, untouched for 90 seconds. Using tongs gently lift the first scallop and check the sear. it should be beautifully brown. If not, let it sit for another 30 seconds.

Turn the scallops over in the order you placed them in the pan, and again, away from you to prevent and oil splash. Add the shrimp to the pan. Let the scallops sear again for 60 seconds and take a look at the sear. They should be done. Remove the scallops from the pan and place on a plate to rest. Turn the shrimp and cook for an additional 45 seconds. Remove the shrimp and place on the plate with the scallops.

Place a pan on the heat and let it get up to heat over medium high heat. Add the wine, add the juice of 1/2 of a lemon and 1/2 of a lime. Let the liquid reduce by half. Then add the heavy cream. Let the cream come to a slow boil. Turn the heat down to medium. Using a silicone spatula, stir to combine the cream. Reduce the liquid by 1/4. Turn off the heat and add the butter and combine. Do not let the mixture come back to a boil or the sauce will break or separate. After the butter is combine, taste and adjust the seasoning if necessary.

Add your butter sauce to a plat and place 2 scallops on top and then place 2 shrimp on top of the scallops. Spoon a small dribble of butter sauce over the shrimp and scallops and then using a microplane or a fine grater, zest a lime over the top.



Episode II

Sous Vide Scallops

Topped with Pan Seared Shrimp served with Citrus
Butter Sauce

On Episode II, will tackle the same recipe as Episode I, but we will use a different cooking method to prepare the Scallops and the shrimp: Sous Vide...



Sous Vide Scallops



Equipment List

8" Non-Stick Pan, Sam's Club

6" Calphalon Classic™ Stainless Steel Heavy Bottom Pan

Silicone Spatula

Microplane® Premium Series Zester/Grater

Gourmet Fishing



We catch fish, and then, We cook our catch...

Salt Marsh
Sauces & Rubs

HANDCRAFTED
South Carolina

RED PLUFF MUD SAUCE
BBQ Sauce & Marinade

Tomato Plant

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

Batch	Best By
1M-2016	

The sauce that shakes the southland...

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Murray Development, LLC
Salt Marsh Apparel
PO Box 771 Goose Creek, SC 29445

Salt Marsh
Sauces & Rubs

HANDCRAFTED
South Carolina

YELLOW PLUFF MUD SAUCE
BBQ Sauce & Marinade

Wild Mustard

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best yellow pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

Batch	Best By
2M-2016	

The sauce that shakes the southland...

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THE ORIGINAL
SALT MARSH
DIRT SHIRT

Pioneer