

GOURMET FISHING

Season II - Episode II

INFO-SHORTS

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Sous Vide
Seared Scallops
Topped with 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

Garlic Clove

Fresh Thyme

Salt

Pepper

Oil, flavorless

Lemon

Lime

White Wine, to your taste

Heavy Cream

Butter



Sous Vide Prepared Scallops & Shrimp
(butter, garlic lime & lemon slices & fresh thyme)

Sous Vide Seared Scallops

Topped with 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
1 Garlic Clove, Thinly Sliced
Healthy Sprig of Fresh Thyme
Lemon & Lime, Thin Slice

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



Sous Vide Seared Scallops

Topped with Seared Shrimp served with Citrus Butter Sauce

Our first step is to set the Precision Cooker to 128°F and get our water bath up to temperature. Your water bath container can be a large pot that can hold the cooker and your contents. Nothing fancy.

While the water bath is warming, prepare the vacuum bag by sealing one end of the roll to create the bag bottom. You can skip this step if you are using a single vacuum bag or a zipper style bag.

Season the Scallops and Shrimp with salt and pepper to taste. Place the Scallops and Shrimp in the vacuum bag without stacking on top of each other. A single layer is what we are after. This distribution will allow for even cooking. Place the butter, garlic slices, lemon and lime slices, and the Thyme sprigs in the bag. These may be layered on top of the Scallops and Shrimp.

Using your vacuum sealer, vacuum and seal the bag. If you are using a zipper style bag, place the bag with its contents into a container of water and slowly submerge. This process will allow the air to be removed due to the water pressure around the contents. When the air is out, zip the bag closed.



Sous Vide Seared Scallops

Topped with Seared Shrimp served with Citrus Butter Sauce

After the water bath has reached 128°F, place the bag into the water, and set your timer to 26 minutes. Now it is a waiting game.

With about 10 minutes cook time remaining, begin the citrus butter sauce. The butter sauce may be prepared ahead of time and kept in a thermos or one of the steel insulated cups we all seem to have now.

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 combined, taste and adjust the seasoning if necessary.

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





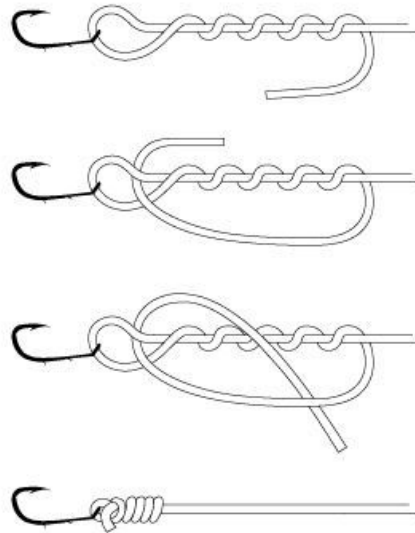
Episode III

The Clinch Knot

or also known as, The Fisherman's Knot

On Episode III, we will make our way out on the boat and start our fishing knot segment. We will tackle the Clinch Knot or “The Fisherman's Knot”.

IMPROVED CLINCH KNOT





Equipment List

Precision Cooker

Water Bath Container

Vacuum Sealer or Zipper Bags

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

FROM A
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

FROM A
WILD YAM

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