

GOURMET FISHING

Season III - Episode XIX



INFO-SHORTS



Free Download

Subscribe to our YouTube channel - Gourmet Fishing



Pan-Seared Scallop Fettucini & Corriander Tomato Cream Sauce



Host, Chef & Guide, David Murray



Contents

Thank you for downloading our Info-Short recipe

- 3 Grocery List
- 4 Pan-Seared Scallop Fettucini & Corriander Tomato Cream Sauce





Grocery List

Pan-Seared Scallop Fettucini & Corriander Tomato Cream Sauce

Dry White Wine

Minced Shallots

Lemon Juice

Zest Lemon

Grated Ginger

Fresh Thyme

Heavey Cream

Butter

Dice Tomato

Chopped Corriander

Salt

Pepper

C cooked Fettucini

U10 Scallops

Coconut Oil Cooking Spray



Pan-Seared Scallop Fettucini with a Corriander and Tomato Cream Sauce

Pan-Seared Scallop Fettucini

& Corriander Tomato Cream Sauce



Serves 2
Ingredients

1 cup Dry White Wine	1/2 cup Dice Tomato, skinned and seeded
1/4 cup Minced Shallots	1 Tablespoon Chopped Corriander
2 Tablespoons Lemon Juice	Salt
Zest 1 Lemon	Pepper
1 Tablespoon Grated Ginger	2 serving cooked Fettucini
4 Sprigs Fresh Thyme	12 U10 Scallops
2 Tablespoons Heavey Cream	Coconut Oil Cooking Spray
4 Tablespoons Butter	

Base Sauce: Combine the first 6 ingredients in a small saucepot. Bring to a boil, reduce the heat and cook until the liquid is reduced by half. After the sauce base has reduced by half, drain the base through a fine meshed collender or sieve into a medium pan. Bring back to a boil, reduce the heat and then add the heavy cream and whisk to combine. Bring back to a light boil. Cook for an additional 2-3 minutes. Reduce to low heat.

Prepairing Tomatoes: Using a pairing or small knife, remove the top core of the tomatoes. Make a small X in the bottom of the tomatoes. Place the tomatoes into boiling water for about 10-20 seconds, and then place them into an ice-water bath to stop the cooling process. Using a knife, grab the corner of one of the X points, pulling away from the tomato and slowly remove the skin. Cut the tomatoes in half, cut the thick segment out and then lightly squeeze the seeds out of the tomato. Chop the tomatoes into small dices.

Cream Sauce: Add the butter in 3 equal amounts while combining with a whisk. Combine the tomatoes, coriander, salt, and pepper. Taste the sauce and adjust if needed. Let the sauce simmer for 2-3 minutes. Add the fettucini and stir. Cover and keep warm.

Pan-Seared Scallop Fettucini

& Corriander Tomato Cream Sauce

Pan-Seared Scallops: Heat a medium pan over medium-high heat, and spray with coconut oil spray. Dry the scallops with paper towels and salt and pepper. Place the scallops in a single layer without crowding and cook for 2 minutes without turning. Turn the scallops over and cook for an additional 2-3 minutes on the other side. The scallops should be done.

Plating: Toss the fettucini in the sauce and divide equally onto 2 plates. Top the fettucini with half of the scallops and garnish with coriander and lemon wedges.



Gourmet Fishing



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



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



THE ORIGINAL
SALT MARSH
DIRT SHIRT

