## GOURMET FISHING

Season III - Episode XIX



**INFO-SHORTS** 



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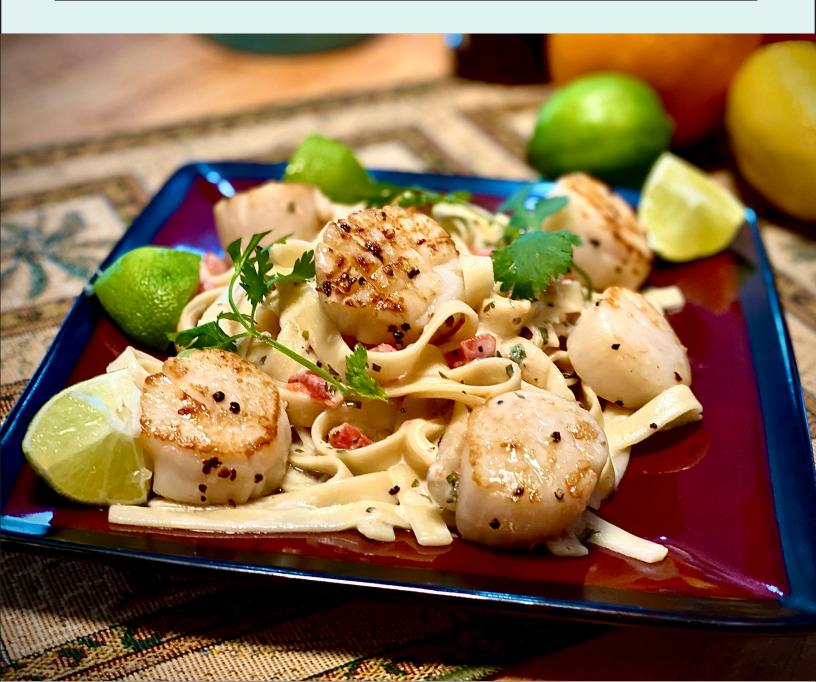
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Pan-Seared Scallop Fettucini & Corriander Tomato Cream Sauce



Host, Chef & Guide, David Murray





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

Dry White Wine Dice Tomato

Minced Shallots Chopped Corriander

Lemon Juice Salt

Zest Lemon Pepper

Grated Ginger C cooked Fettucini

Fresh Thyme U10 Scallops

Heavey Cream Coconut Oil Cooking Spray

Butter



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

1/4 cup Minced Shallots

2 Tablespoons Lemon Juice

Zest 1 Lemon

1 Tablespoon Grated Ginger

4 Sprigs Fresh Thyme

2 Tablespoons Heavey Cream

4 Tablespoons Butter

1/2 cup Dice Tomato, skinned and seeded

1 Tablespoon Chopped Corriander

Salt

Pepper

2 serving cooked Fettucini

12 U10 Scallops

Coconut Oil Cooking Spray

**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.





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









