



45°N
63°W

SEARED SCALLOPS

with Asparagus and Lemon Risotto

INGREDIENTS:

- 1 pack of arborio rice
- 2L vegetable or chicken stock
- 1/3 cup dry white wine
- 4-5 large garlic cloves
- 2 medium shallots
- 1/2 cup fresh thyme
- 1/3 cup fresh rosemary
- 1 lemon, juiced
- 1 bundle of asparagus
- 4-5 large brussels sprouts, shaved
- 1 wedge of parmesan cheese, grated
- 6 tbsp butter
- 1 package prosciutto
- 4 scallops per person, patted dry
- 1 tbsp canola oil

INSTRUCTIONS:

In a large pot of salted water, blanch asparagus until tender, 1-2 minutes. Shock in ice water to stop the cooking process.

Using a sharp knife, carefully shave the brussels sprouts into thin delicate ribbons and set aside.

Remove skins from garlic and shallots and give a fine chop to both. Clean thyme and rosemary and give a similar chop. Set aside.

In an oven at 350°F, bake your strips of prosciutto until crispy, 4-5 minutes.

Remove tiny side muscle from the scallops if they have them, then

rinse with cold water and pat dry with a paper towel.

Heat oil in a medium saucepan over medium heat. Add garlic, shallots, thyme, and rosemary, stirring frequently, until garlic is soft but not browned, 3 to 4 minutes. Add rice and stir until glossy, about 1 minute. Add wine and stir often until rice has absorbed all of the liquid, 2 to 3 minutes. Add 1/2 cup of heated broth. Stir often until rice has absorbed most of the liquid, 3 to 4 minutes. Continue adding heated broth mixture, 1/2 cup at a time, until absorbed. Keep heat between medium and medium-low so mixture is just simmering. Stir often until rice is just tender to the

bite. The entire stirring and cooking process will take about 25 to 28 minutes. Risotto should be slightly saucy but not soupy. Remove from heat. Stir in parmesan.

Add the butter to a large saute pan over high heat. Generously salt and pepper the scallops. Once the butter begins to smoke, gently add the scallops, making sure they are not touching. Sear scallops for 1 1/2 minutes on each side - not touching them at all while they're searing. The scallops should have a nice golden crust on each side and be translucent in the center. Serve right away on top of prepared risotto.

Recipe provided by Andy Hay, Masterchef Canada.