

SCALLOPS

Ingredients

20 - 24 large scallops, fresh or frozen, thawed
1 tablespoon of olive oil
2 tablespoons of butter
1 shallot, minced
juice of half a lemon
1 teaspoon de balsamic vinegar
2 tablespoons of fresh parsley, chopped
1 teaspoon of lemon zest
salt and pepper

Rinse the scallops, and dry them on a paper towel. In a pan, heat the oil and 1 tablespoon of butter over high heat. Put half the scallops side by side in the pan, and cook 2-4 minutes or until they are golden on each side. Remove them, and keep them warm. Cook the rest of the scallops the same way.

Add the rest of the butter and reduce the heat to medium. Add the shallot and cook for 1 minute. Add the lemon juice and let it reduce for 1 minute. Add the vinegar and cook 1 minute more. Add the parsley and lemon zest and mix. Salt and pepper. Just before serving, plate the scallops and spoon the sauce over them. Serves 4.

ACTIVITIES

1. Search on line to find the different names given to pétoncles.
2. What family are they from? Fish? Seafood? Shellfish?
3. Make a list of the vinegars you find in your local grocery store. What are they made from? Where do they come from?
4. Why is the zest of certain fruits (lemon, orange, lime) important? What does the zest bring to a dish? How is that different from the juice?
5. Organize a tasting of different oils. What are the characteristics of each?