

Grilled Diver Scallops

with Rioja Wine Glaze,
Shaved Fennel and Fresh Citrus



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Freshly grilled seafood is a year round favorite, bringing with it bright flavors and delicate textures that pair well with the distinctive tastes and aromas of vegetables and fruits. This recipe calls for deliciously briny, moist diver scallops, with their lovely shape and delicate, yet firm texture that can stand up well to high heat. Served with an intense, tangy reduction of a dry Spanish red wine and the fragrant, anise taste of finely shaved fennel alongside zesty orange, lemon and lime segments, this dish is at once fresh, clean, light, and exotic.

Rioja wines, from the northern regions of Spain, are favored for their Bordeaux style and are actually a blend of several grapes, with the primary ones being tempranillo. They are available in both red and white blends; red blends are preferable for this dish.

As with all seafood preparations, careful cooking is of the utmost importance. Particularly when grilled over intense heat, scallops continue to cook after they have been removed from the heat, necessitating vigilance and good judgment. When removed from heat still moist and juicy, the flavors and texture of the fresh scallops will be at their peak as well.



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Serves 2

Ingredients:

- 8 U-10 size diver scallops, cleaned of outside abductor muscles
- 1 bulb of fennel, shaved thinly on a mandolin and stored in ice water
- 1 head of frisée, core removed and washed
- 1 orange, peeled and segments removed
- 1 lemon, peeled and segments removed
- 2 limes, peeled and segments removed
- 1 bottle of rioja wine, reduced by

- two thirds and cooled
- Extra virgin olive oil
- Sea salt
- Ground black pepper
- 1 bunch of chives, chopped finely

Preparation:

- Preheat grill and be sure it is extremely clean and hot (450-500 degrees).
- Grill scallops on both sides for 2 minutes and reserve on a warm plate.
- Season scallops with sea salt and freshly ground black pepper.

On two large plates, divide the frisée and citrus segments, reserving the juice.

Place scallops on top of frisée and season once again, this time using salt, pepper and a liberal amount of chopped chives.

Drizzle about two teaspoons of wine glaze and two teaspoons of olive oil over the top of the scallops.

Finally, divide the juice between the two plates and serve immediately.

TIPS:

- Ask your fish monger for the larger scallops called for in the recipe, as smaller varieties will not provide the taste or texture desired in this dish.
- Keep scallops refrigerated until you are ready to season and grill.
- Pre-heat your grill at least 15 minutes to guarantee it's as hot as it can get for perfect searing and juiciness
- Don't season the scallops before grilling, as this draws moisture out of the scallops and will cause them to stick to the grill.
- Use tongs or a spatula to turn scallops, being careful not to puncture or press down on the surface, which would force juices to escape.
- Select fennel bulbs with healthy, still-attached fronds, a good indication of freshness.