

Scallops and Red Bell Pepper Sauce

Category: Seafood

Servings: 2

Rating: 10

Source:

Description:

A French Sancerre matched nicely.

Ingredients:

lemon juice	to taste
salad greens	one cup or so
red bell pepper	one
parsley	1 tablespoon
Sea salt	to taste
sour cream	2 tablespoons
lemon zest	1/4 teaspoon
cayenne pepper	1/8 teaspoon

Instructions:

Char the peppers under the broiler, turning frequently, place in a paper bag, and let cool. Remove the seeds and skin and cut the peppers into large chunks.

In a food processor, blend the peppers, garlic, parsley, lemon zest, sour cream, and salt until it is mixed but slightly course. Test for seasoning and add lemon juice if necessary.

Bring a pan to medium-high heat and add olive oil. When it is hot, add the butter. As soon as it stops bubbling but before it turns brown, add the scallops and sear them on each side, about 3 minutes per side for large scallops.

Place a tablespoon of sauce on each plate, scatter a handful of greens on that, and place two scallops on each pile of greens. Serve with additional sauce on the side.