

Grilled Scallops with Fennel-White Bean Mash

Category: Seafood

Servings: 4

Rating: 10

Source: Based on a Lemeac Restaurant recipe

Description:

This is a delicious, unusual dish with complex flavors. We've tried it with halibut but it is best with seared scallops.

Ingredients:

olive oil	7 tablespoons in all
hazelnut oil	2 tablespoons
balsamic vinegar	2 tablespoons
cherry tomatoes	16 (red or yellow), halved
chives	3 tablespoons, chopped in all
salt and pepper	to taste
canned cannellini bean	1-1/2 540 ml tins, rinsed and drained
fennel bulb	1 small, finely diced
fresh rosemary	1 sprig
sage	2 leaves
pernod	4 teaspoons (or other licorice flavored liquor)
scallops	24 large (may use black cod or halibut fillets)
hazelnuts	3 tablespoons, lightly toasted and then coarsely chopped

Instructions:

Make a vinaigrette by whisking the hazelnut oil and 1/4 cup of olive oil with the balsamic vinegar in a small bowl. Stir in the tomatoes and 2 tablespoons of chives, season with salt and pepper, and set aside. Place beans in a bowl and mash coarsely with a fork. Sauté fennel, rosemary, and sage in 2 tablespoons of olive oil over medium heat and cook until the fennel is tender and tinged with gold, about 3 to 4 minutes. Remove the rosemary and sage and stir in the Pernod. Add the beans and stir until well combined and heated through. Season with salt and pepper, remove from the heat, and keep warm.

Heat one tablespoon of olive oil over medium-high heat. Season the scallops with salt and pepper and sauté until golden, about 1 to 2 minutes per side. Divide the bean mash among four bowls, top with six scallops, and drizzle with the tomato mixture. Garnish with hazelnuts and the rest of the chives.