



Seared Scallops with Caper-Raisin Sauce

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 5 minutes

For his elegant starter, Jean-Georges Vongerichten ingeniously combines raisins, capers and butter as a sauce for sautéed scallops. He seasons the sauce with sherry vinegar, which adds wonderful tartness.

1/3 cup capers, drained

1/4 cup golden raisins

10 tablespoons unsalted butter, at room temperature, DIVIDED (1 tbsp slices)

1 teaspoon sherry vinegar

salt and pepper, to taste

1/4 cup canola oil (divided)

1 head cauliflower, cut in eight 1-1/2-inch florets, sliced lengthwise 1/4 inch thick (24 slices)

2 tablespoons parsley, minced

12 large scallops, large, HALVED crosswise

1/4 teaspoon ground nutmeg (fresh if possible)

This is an elegant and decadent scallop dish. The presentation of the scallops and cauliflower is impressive and somewhat unexpected. But, the brown scallops marry well with the sauce. The sauce is buttery and sweet with a hint of tartness from the vinegar.

TIP: When serving, keep in mind that there is sauce that will infiltrate other foods on the plate. Consider serving with a dollop of well-formed mashed potatoes.

SERVING SUGGESTION: Serve best with mashed potatoes that will soak up the sauce.

WINE PAIRING SUGGESTION: Loire Valley Chenin Blanc.



SAUCE (15 minutes):

In a small saucepan, combine the capers, raisins and 3/4 cup of water. Simmer over moderately low heat until the raisins are plump, 10 to 15 minutes; **DO NOT BOIL.**

Transfer to a blender and puree.

With the blender on, add 6 tablespoons of the butter, 1 tablespoon at a time, until incorporated.

Add the sherry vinegar to the caper-raisin sauce and season with salt and pepper.

CAULIFLOWER (15 minutes):

In a large skillet, melt 1 tablespoon of the butter in 1 tablespoon of the oil. Add half of the cauliflower and cook over moderately high heat, turning, until crisp-tender, 5 minutes.

Transfer to a RIMMED plate.

Repeat with 1 tablespoon each of the butter and oil and the remaining cauliflower.

Let the skillet cool for 2 minutes.

Add 1/2 cup of water and cook over moderate heat, scraping up any browned bits, 2 minutes.

Stir in the parsley and pour the pan sauce over the cauliflower; keep warm.

SCALLOPS (15 minutes):

Season the scallops with salt and pepper.

In a non-stick skillet, melt 1 tablespoon of the butter in 1 tablespoon of the oil over moderately high heat and add half the scallops to the skillet. Cook, without turning, until the scallops are golden brown on the bottom, 3 minutes.

Transfer to a plate.

Repeat with the remaining 1 tablespoon each of butter and oil and the scallops.

Re-warm the caper-raisin sauce.

Spoon the raisin sauce onto 4 plates. Top with the scallops, browned side up. Arrange a cauliflower slice on each scallop, spoon a little of the pan sauce over and garnish with the nutmeg.

Serve at once (SEE TIPS).

Serving Ideas: Serve best with mashed potatoes that will soak up the sauce.

Suggested Wine: Loire Valley Chenin Blanc.

Per Serving (excluding unknown items): 694 Calories; 45g Fat (56.5% calories from fat); 54g Protein; 23g Carbohydrate; 1g Dietary Fiber; 180mg Cholesterol; 1985mg Sodium; 7g Total Sugars; 0mcg Vitamin D; 53mg Calcium; 2mg Iron; 972mg Potassium; 1118mg Phosphorus.