Seared Sea Scallops
with Gremolata and Sugar Snap Peas

Recipe courtesy of Chef Tamie Cook

SERVES 4

This dish is a great summertime treatment for scallops. The crisp, sweet peas are a delicious match for the creamy sweetness of the scallops. The crunchy gremolata is the icing on the cake. This is an easy-to-prepare, restaurant-worthy dish that will impress even your pickiest friends!

INGREDIENTS

1 pound sugar snap peas, strings removed
¼ cup panko breadcrumbs
¼ cup flat leaf parsley, chopped
Grated zest from 1 lemon
1 large glove garlic, minced
1 tablespoon olive oil, plus 2 teaspoons
½ teaspoon sea salt, plus extra for seasoning
½ teaspoon freshly ground black pepper
1 tablespoon unsalted butter
1 pound dry pack sea scallops, side muscle removed

DIRECTIONS

Place 2 quarts of water in a large saucepan, set over high heat and bring to a boil. Add sugar snap peas and cook for 2 to 3 minutes or until crisp tender. Drain and shock in ice water until cool. Remove from water and set aside.

Place breadcrumbs, parsley, lemon zest, garlic, 2 teaspoons olive oil, ½ teaspoon salt and pepper into a small bowl and stir to combine.

Place butter and 1 tablespoon of olive oil in a large sauté pan and set over medium high heat until oil is shimmering. Pat scallops dry and season with additional salt and pepper. Add scallops to the pan one at a time, leaving space in between each one and sauté for 2 minutes or until golden brown. Turn each scallop and continue to sauté for 1 minute. Depending on the size of your pan and your scallops you may need to do this in two batches. Remove scallops to a plate and cover with aluminum foil.

Return the sauté pan to medium heat, add the snap peas to the pan and cook for 1 to 2 minutes, tossing frequently. Remove the peas from the pan.

Add the breadcrumb mixture and toss for 30 seconds.

Serve the gremolata over the scallops and snap peas.