

seared scallops, citrus sauce, creamy goat
cheese polenta

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For 2 persons

Citrus Sauce:

1T minced shallot

¼ cup (65ml) white wine (I used a Riesling and it was lovely)

½ cup (125ml) orange juice

6 T(90g) cold butter chopped in small cubes

1/4 tsp white balsamic vinegar

season to taste with salt and white pepper

In a medium saucepan, combine the wine, orange juice, and minced shallot. Bring to a low boil then reduce the heat and reduce the liquid by half. Remove from the heat and gently whisk in the small cubes of cold butter, adding each new cube just before the previous one has melted. Caution needs to be taken, as this is an emulsion and needs stability in order not to "break", like hollandaise. Add the balsamic and season to taste.

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Creamy Polenta:

Serves 2 with generous leftovers (ok really serves 4)

1 cup (170g) polenta

4 cups (1l) water

½ cup (125ml) warm milk

1 bouillon cube

4oz (60g) fresh goat cheese

½ (2-3g) tsp salt

2 T (30g) butter

Bring the water with bouillon to a boil in a medium saucepan over high heat. Whisk the polenta slowly into boiling water, stirring continuously to avoid lumps. Reduce the heat to low, stir with a wooden spoon for about 10-15 minutes until polenta is soft. Add a little more water if necessary.

Remove from the heat and add warmed milk, goat cheese and butter. Season to taste. If you don't serve it right away, be ready to add a little more milk and seasoning if you want the creamy consistency.

Scallops:

I served 5 scallops for each of us. They were seared on medium high with 2 T butter and 2 T olive oil. I did them in 2 batches because they water up when too many are cooked at one time and you lose the seared browning effect.

And then seasoned after plating with Halen Mon's smoked sea salt and fresh ground pepper.