

## Pan-Roasted Scallops & Clams with Saffron-Corn Broth Serves 4

Here is a great recipe that will take some time and test your culinary skills, but it so worth the time and effort when you can impress your family or friends with the finished dish.

### 1. Pan Roasting Scallops

- 1-1/4 lb. dry pack sea scallops with side muscle removed, or 16 size U-10 scallops
- Kosher salt & Coarse Ground Black Pepper (use pepper mill)
- 1 Tbs. unsalted butter or more, as needed
- Juice of half of Myer lemon

In an iron skillet (the heaviest you have), pre-heat on medium high. You want to hear the scallops sear when you put them in the pan. After removing the side muscle from the dry pack scallops (dry pack scallops are best as they won't shrink as much), season with salt & fresh ground pepper. Add butter to the pan once it gets hot (now not smoking hot...like Farrah Faucet back in the day ... but searing hot). The butter may smoke a bit and that's okay. Quickly add your seasoned scallops to the pan, which will cool the pan slightly -- enough to stop burning the butter, but you do want the butter browned. Cook for approximately 2-3 minutes per side until golden color, then spritz lemon juice lightly on seared scallops. Set aside for resting (2-3 minutes) and ready to plate.

## 2. Saffron & Sweet Corn Broth

- 2 cups fish fume or clam stock (clam juice at your local grocer)
- 1 tsp. fresh lemon juice or more to taste
- Two ears of corn (separate kernels from cobs, but reserve cobs)
- 1 tbsp canola or vegetable oil
- 1/2 tsp. finely-grated lemon zest
- Juice from other half of Myer lemon
- 2 medium shallots (finely diced by hand, not in food processor)
- .10 oz Saffron threads (weight is approximate ... it doesn't take very much)
- 1 cup egg white (just the whites)
- Kosher salt & coarse ground black pepper

Pre-heat pot over medium heat. Add oil and shallots. Simmer for 1-2 minutes, then add lemon juice, lemon zest, saffron threads, corn (removed from cobb), salt & fresh ground pepper. Stir ingredients well while still stirring. You want the corn to slightly brown, without burning the shallots. Add the fish or clam stock and turn heat down to simmer. Let cook for about 15 minutes. Remove from heat and place pot in fridge to cool down.

Once cooled, remove the cobs (confusing: cobs were never added) and "milk" them by rubbing the dull side of a knife and firmly rake down the cobb to produce sort of a corn milk. Scrape milk into broth to add a concentrated corn flavor. Once the liquid is cool enough, pour it through a fine mesh sieve. Clean the pot and return cool liquid to the pot. Clean the sieve, as you will need it again. Whisk egg whites into the strained liquid and put back over medium high heat until it starts to simmer and boil. Reduce heat to a light boil and the egg whites will start to cook removing most impurities from the liquid. This process normally takes about twenty minutes or so. Now you pour the liquid back through the fine mesh sieve again to remove the egg whites and impurities. This should leave you with a beautiful, yellow and extremely flavorful broth.

### 3. Sundried Tomato & Fresh Basil Risotto

- 4 cups of Arborio Rice
- ½ cup Canola oil
- 3 oz unsalted butter
- 2 oz heavy cream
- 1/2 tsp. fresh thyme leaves
- ¼ cup Sundried Tomato (julienne into strips as thin as you can get them)
- 1 Tbs. finely chopped fresh basil
- 1 cup small diced onion
- 1tbsp minced garlic
- 3tbsp freshly-grated Parmesan cheese
- 1 ½ quarts chicken stock (brought to very low boil just starting to bubble and keep it there)

Start with butter, oil and onions in a large round flat bottom pan (we call it a rondeaux) over medium high heat. As soon as onions start to turn translucent, add garlic and arborio rice to the pan. Keep stirring constantly or it will start to stick. You want to slightly brown the rice, without making everything else too dark. You should already have your stock hot next to your rondeaux in a pot simmering. You will take small ladle full of hot stock (2-3 at a time) and add to arborio constantly stirring until liquid is fully absorbed. Keep doing this until you have incorporated all the stock into the risotto. Now is when you add the sundried tomato, basil, parmesan, fresh thyme, heavy cream & butter. Reserve and get ready to plate.

#### 4. Little Neck Clams

- 30 fresh little neck clams in shell (you may need a few extra as some will be dead and we want five per plate)
- 3 Tbs. canola oil; more as needed
- ½ tsp minced garlic
- ½ tsp small diced shallot
- 1 ½ cup clam stock or fish fume (see above)
- 1 tsp fresh thyme (picked from stems)
- Kosher salt & coarse ground black pepper

This is the easy one! Add oil to sauté pan over medium high heat. As soon as oil gets hot, add clams, garlic, fresh thyme and clam stock. Cover with lid. Turn heat back to medium low and wait for clam shells to pop open. Remember, if the clams don't pop, they are dead, so don't eat those). Reserve popped clams to the side and get ready to plate.

## **Plating**

Here is where you can get creative. Your choice of serving dish. I like a shallow bowl, as the dish does have a broth. A high-rimmed plate will work, as well. We like to center the risotto in the serving dish, arranging the scallops in three sections with one in the center. Then, arrange the clams evenly spaced around the risotto. Gingerly pour the broth over the scallops into the recess of the bowl. Garnish with some fresh thyme leaves or biased-cut scallions and there it is.

Simple...right? Yeah, not really ... but try to knock this one out of the park. Don't hesitate to let me know how it turns out, if any of you are adventurous enough. If not, remember I am a big fan of scallops, so you can enjoy them at Backwater Jacks without all the shopping and mess.

Bon Appetite!

CBASS