



Pan Seared Scallops with a Tomato and White Chocolate Beurre Blanc

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



997 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 4 servings pea tendrils fresh
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.8 cup heavy cream
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and freshly cracked pepper black

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 4 servings olive oil
- ☐ 12 large sea scallops
- ☐ 2 large shallots chopped
- ☐ 2 tablespoons tomato paste
- ☐ 4 servings tomatoes chopped
- ☐ 1.5 sticks butter unsalted cut into small pieces
- ☐ 2 tablespoons butter unsalted
- ☐ 2 ounces chocolate white such as ghiradelli, broken into pieces
- ☐ 0.3 cup citrus champagne vinegar

Equipment

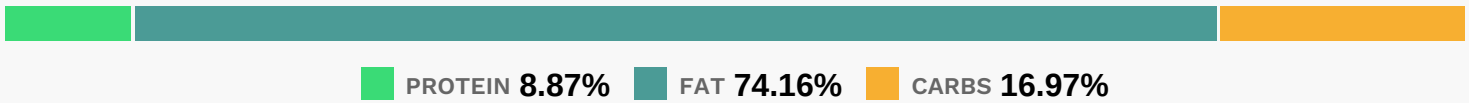
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat the oil in a medium heavy-bottomed saucepan over medium heat.
- ☐ Add the shallots and sweat with a pinch salt until just softened, 1 to 2 minutes.
- ☐ Add the tomato paste and cook 1 to 2 minutes, stirring to combine.
- ☐ Add the wine and vinegar and simmer until the liquid is reduced to about 2 tablespoons, 3 to 4 minutes.
- ☐ Add the cream (this will help stabilize your sauce and keep it from breaking) and simmer until reduced by one-third, 5 to 7 minutes. Strain the sauce into another warm saucepan over low heat. The sauce should remain warm, but never hot, or the sauce will break. On low or no heat, whisk in a few pieces of the butter at a time. Wait until each addition is incorporated before adding more butter. Once all of the butter is incorporated, add the lemon juice and combine. Set aside in a warm spot to hold. Just before serving, whisk in the white chocolate.

- ☐
- For the seared scallops: In a large cast-iron skillet, heat the oil over medium-high heat until it has a nice sheen and you can feel the heat coming off of the skillet. Dry your scallops well using paper towels, sprinkle each side with salt and pepper and add them to the hot skillet. Once the bottom of the scallops start to brown around the edges, add the butter to the skillet to help them caramelize.
- ☐
- Let the butter melt, flip the scallops and cook until golden brown on each side and just cooked through, 2 to 3 minutes per side.
- ☐
- Toss some pea tendrils and tomatoes with the lemon juice and some olive oil, season with salt and pepper and serve with the scallops and beurre blanc.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:13.82, Inflammation Score:-10, Nutrition Score:27.812608677408%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 2.81mg, Hesperetin: 2.81mg, Hesperetin: 2.81mg, Hesperetin: 2.81mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 996.92kcal (49.85%), Fat: 83.06g (127.79%), Saturated Fat: 41.35g (258.45%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 34.2g (12.44%), Sugar: 19.85g (22.05%), Cholesterol: 181.16mg (60.39%), Sodium: 850.24mg (36.97%), Alcohol: 1.54g (100%), Alcohol %: 0.35% (100%), Protein: 22.35g (44.69%), Vitamin A: 3532.76IU (70.66%), Folate: 233.7µg (58.42%), Phosphorus: 560.2mg (56.02%), Vitamin C: 35.52mg (43.06%), Vitamin E: 6.41mg (42.77%), Manganese: 0.72mg (36.05%), Fiber: 8.56g (34.25%), Vitamin K: 35.96µg (34.25%), Potassium: 1104.13mg (31.55%), Magnesium: 100.22mg (25.06%), Vitamin B12: 1.5µg (25.06%), Selenium: 16.75µg (23.93%), Copper: 0.42mg (21.22%), Iron: 3.69mg (20.49%), Vitamin B6: 0.4mg (19.87%), Vitamin B1: 0.28mg (18.97%), Zinc: 2.62mg (17.49%), Vitamin B2: 0.26mg (15.03%), Vitamin B3: 2.59mg (12.94%), Calcium: 124.86mg (12.49%), Vitamin B5: 1.04mg (10.41%), Vitamin D: 1.45µg (9.7%)