



Seared Scallops, Polenta, Demi-Glace

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup chicken stock see
- ☐ 0.3 cup cornmeal
- ☐ 4 servings chives fresh for serving
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon grapeseed oil

- ☐ 1 teaspoon ground pepper
- ☐ 2 tablespoons heavy cream
- ☐ 12 large scallops
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup veal stock good

Equipment

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

Directions

- ☐ For the polenta: Bring the stock to a simmer in a saucepan over medium-high heat, and then reduce the heat to medium. Next, add the cornmeal and cook with a stirring motion until thickened, 12 to 15 minutes. Next, reduce the heat to low, add the butter, parsley and thyme and finish cooking until the cream has been absorbed, 3 to 4 minutes. The polenta should be semi-tight and creamy; liquid levels will vary with the moistness of the cornmeal.
- ☐ For the sauce: In a small saucepan over medium heat, bring the veal stock to a simmer. Then add the cream and garlic. Reduce the heat to medium and allow further simmering for 2 to 3 minutes.
- ☐ Remove from the heat and hold for plating.
- ☐ Add the oil to a large saute pan over high heat and bring to verge of smoking. During this process, place paper towels down on a flat counter, and then place the scallops on the towels and pat dry.
- ☐ Mix the salt and pepper together. Once the pan is hot, sprinkle both sides of the scallops with the salt and pepper mixture. Then add to pan and sear the first side, about 2 minutes. Reduce the heat and flip to sear the second side for a final 1 to 1 1/2 minutes. Once cooked, remove the scallops from the pan and serve atop the polenta. Finish with the demi-glace sauce and garnish with chives

Nutrition Facts



Properties

Glycemic Index:89.13, Glycemic Load:4.67, Inflammation Score:-9, Nutrition Score:9.6778260961823%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 212.01kcal (10.6%), Fat: 10.88g (16.73%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 12.73g (4.63%), Sugar: 1.46g (1.62%), Cholesterol: 39.4mg (13.13%), Sodium: 1075.78mg (46.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Phosphorus: 355.86mg (35.59%), Vitamin B12: 1.29µg (21.45%), Selenium: 14.2µg (20.28%), Vitamin K: 20.02µg (19.07%), Manganese: 0.21mg (10.66%), Vitamin B6: 0.21mg (10.33%), Vitamin B3: 2.03mg (10.17%), Potassium: 349.16mg (9.98%), Magnesium: 39.57mg (9.89%), Zinc: 1.34mg (8.91%), Vitamin A: 416.04IU (8.32%), Vitamin E: 1.23mg (8.21%), Iron: 1.28mg (7.14%), Vitamin B2: 0.12mg (6.83%), Vitamin C: 5.5mg (6.67%), Folate: 24.99µg (6.25%), Fiber: 1.41g (5.62%), Copper: 0.11mg (5.57%), Vitamin B1: 0.07mg (4.72%), Vitamin B5: 0.31mg (3.09%), Calcium: 30.37mg (3.04%)