



## Seared Scallops with Spicy Blackberry Sauce, Guanciale & Shiitake Risotto

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



920 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 pound blackberries fresh
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoon flat parsley minced plus more as garnish, optional
- ☐ 0.5 pound guanciale cut into 1-inch by ¼-inch batons
- ☐ 1 olive oil
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 cup red wine vinegar
- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper to taste
- ☐ 4 large sea scallops dry ()
- ☐ 2 medium shallots minced
- ☐ 8 ounce shiitake mushroom capps cut into ¼-inch dice
- ☐ 1 cup short grain rice
- ☐ 3 tablespoon butter unsalted divided
- ☐ 4 cup vegetable broth warmed
- ☐ 0.5 cup water

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ tongs

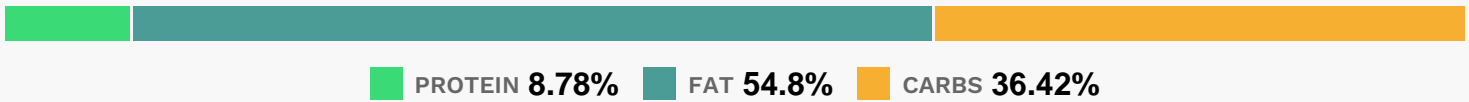
## Directions

- ☐ Make the sauce: In a medium heavy-bottomed saucepan set over medium heat, combine the berries, vinegar, water, brown sugar, red pepper flakes and a pinch of salt. When they begin to boil, reduce the heat to a simmer. Simmer, uncovered, stirring often to keep the berries from sticking to the bottom and burning; about 30 minutes. The juices will thicken slightly, add 1 tablespoon butter, stirring until incorporated.
- ☐ Remove the pan from the heat and allow to cool. Strain pulp through sieve to remove seeds, being sure to rub all the berry pulp you can through the mesh. Discarding solids. Set aside. Brown the guanciale: Toss the guanciale pieces into a cold cast iron skillet. Turn the heat

to medium and cook, undisturbed until the guanciale browns some. Shake the skillet and continue to cook until the pieces are crispy all over. Use a slotted spoon and transfer the guanciale to a paper towel lined plate.

- ☐ Place a large saucepan over medium heat, add 1 tablespoon olive oil and the shallots. Cook and stirring often until soft, about 3 minutes.
- ☐ Add the mushrooms and cook until the mushrooms release their liquid and are lightly browned, about 5 minutes. Season to taste with salt and pepper.
- ☐ Add the rice and stir until the grains are well-coated and opaque, 1 to 2 minutes.. Stir in the wine and cook for 1 minute to evaporate the alcohol.
- ☐ Pour in 1 cup of warm broth. Stir with a wooden spoon until the rice has absorbed all the liquid, then add another 1 cup. Keep stirring while adding the broth a cup at a time, allowing the rice to mostly absorb the liquid before adding more. You may not need all of the broth. Taste the risotto and adjust seasoning; it should be slightly firm but tender and creamy. Stir in the parsley, butter, and cheese.Sear the scallops: Season the scallops generously with salt and pepper.
- ☐ Place a the skillet containing the remaining 1 tablespoon guanciale fat over medium heat. When the fat is hot, add the scallops, and sear for 2 minutes, without moving them around. When the bottoms of the scallops look nicely browned, turn them over and sear the other side for 1 minute. Using tongs, carefully transfer the scallops to a platter lined with paper towels to blot some of the oil.To serve: Mound the risotto in the center of each of 4 plates, set 1 scallops on top. Dot the blackberry sauce on the center of each scallop and drizzle more around the plate to taste.
- ☐ Garnish with guanciale and parsley.
- ☐ Serve warm. You may alternatively arrange the ingredients on a serving platter and let guests help themselves.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:34.75, Inflammation Score:-9, Nutrition Score:21.742608567943%

## Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.13mg, Catechin: 21.13mg, Catechin: 21.13mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 919.51kcal (45.98%), Fat: 55.54g (85.44%), Saturated Fat: 23.8g (148.77%), Carbohydrates: 83.04g (27.68%), Net Carbohydrates: 76.68g (27.88%), Sugar: 34.06g (37.84%), Cholesterol: 99.02mg (33.01%), Sodium: 1972.2mg (85.75%), Alcohol: 1.54g (100%), Alcohol %: 0.31% (100%), Protein: 20.03g (40.06%), Vitamin K: 61.82µg (58.87%), Manganese: 1.12mg (55.8%), Folate: 152.31µg (38.08%), Phosphorus: 328.75mg (32.88%), Selenium: 18.29µg (26.13%), Vitamin A: 1273.09IU (25.46%), Fiber: 6.36g (25.46%), Vitamin B3: 5mg (24.98%), Vitamin B1: 0.32mg (21.4%), Calcium: 207.56mg (20.76%), Vitamin C: 17.05mg (20.66%), Iron: 3.65mg (20.27%), Vitamin B5: 1.88mg (18.76%), Vitamin B6: 0.37mg (18.47%), Copper: 0.33mg (16.49%), Zinc: 2.19mg (14.58%), Potassium: 497.47mg (14.21%), Magnesium: 56.27mg (14.07%), Vitamin B2: 0.22mg (12.95%), Vitamin B12: 0.59µg (9.85%), Vitamin E: 1.05mg (6.97%), Vitamin D: 0.45µg (2.98%)