



Wasabi Crusted Scallops

READY IN



45 min.

SERVINGS



6

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 tablespoon canola oil
- ☐ 2 cups chicken stock see
- ☐ 2 tablespoons chile sauce sweet
- ☐ 3 tablespoons coriander seeds
- ☐ 3 tablespoons ginger fresh minced
- ☐ 1 tablespoon garlic fresh minced
- ☐ 2 juice of lime juiced
- ☐ 6 servings kosher salt

- ☐ 3 cups pear puree pureed very ripe peeled
- ☐ 0.3 cup mustard seeds whole
- ☐ 1 cup plum wine dry
- ☐ 12 large sea scallops
- ☐ 2 tablespoons sesame oil
- ☐ 1 cup shallots minced
- ☐ 20 ounces coconut milk unsweetened
- ☐ 6 servings vegetable oil for searing
- ☐ 3 cups wasabi peas
- ☐ 6 servings wasabi powder

Equipment

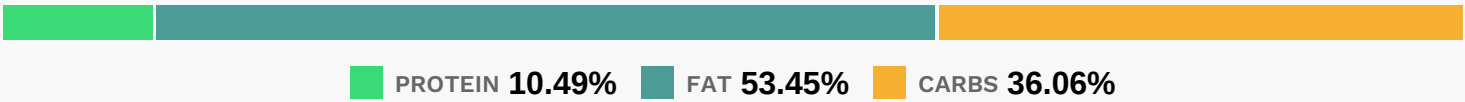
- ☐ frying pan
- ☐ sauce pan
- ☐ mortar and pestle

Directions

- ☐ Heat the canola oil over medium heat in a medium saucepan.
- ☐ Add the shallots, ginger, and garlic and cook, stirring frequently until the shallots are translucent, about 5 minutes.
- ☐ Add the sesame oil, plum wine, lobster stock, coconut milk, sweet chili sauce, and simmer until the flavors blend and the mixture reduces by about one-quarter, about 8 minutes.
- ☐ Add the mango puree and season with lime juice and salt. Simmer for another 3 to 5 minutes then strain and set aside in a warm place.
- ☐ To make the crust: In a spice grinder or mortar, grind the mustard and coriander seeds with the peppercorns and wasabi peas. Adjust the seasoning with wasabi powder and salt.
- ☐ Shortly before serving roll the scallops in the crust.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the scallops and cook until they begin to crisp then flip. Cook the scallops until they are crisp on all sides. Spoon the scallops onto warm plates. Spoon coulis around the scallops and

serve.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:11.02, Inflammation Score:-9, Nutrition Score:30.233043670654%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 912.9kcal (45.64%), Fat: 54.38g (83.66%), Saturated Fat: 25.56g (159.76%), Carbohydrates: 82.52g (27.51%), Net Carbohydrates: 74.4g (27.05%), Sugar: 31.09g (34.55%), Cholesterol: 16.8mg (5.6%), Sodium: 1327.07mg (57.7%), Alcohol: 4.12g (100%), Alcohol %: 0.94% (100%), Protein: 24.02g (48.04%), Iron: 19.89mg (110.51%), Vitamin C: 65.48mg (79.37%), Manganese: 1.59mg (79.3%), Selenium: 32.28µg (46.11%), Phosphorus: 441.75mg (44.17%), Vitamin K: 37.33µg (35.55%), Fiber: 8.12g (32.48%), Copper: 0.59mg (29.7%), Magnesium: 116.69mg (29.17%), Vitamin A: 1401.93IU (28.04%), Potassium: 970.38mg (27.73%), Folate: 110.62µg (27.66%), Vitamin B6: 0.49mg (24.59%), Vitamin E: 3.36mg (22.38%), Vitamin B3: 3.84mg (19.2%), Zinc: 2.22mg (14.82%), Vitamin B12: 0.85µg (14.1%), Vitamin B1: 0.19mg (12.64%), Calcium: 102.42mg (10.24%), Vitamin B2: 0.17mg (10.16%), Vitamin B5: 0.79mg (7.95%)