

Sea Scallops with Creamed Corn and Tarragon

Rachael Ray
RachaelRay.com

Servings: 4

3 tablespoons extra-virgin olive oil
2 teaspoons anchovy paste or 4 flat anchovy fillets
4 ears corn, kernels scraped from the cob
2 shallots, finely chopped
4 cloves garlic, finely chopped
1/3 cup white vermouth or 1/4 cup Pernod
3/4 cup heavy cream
salt and black pepper
1/4 cup fresh tarragon leaves, chopped
16 large sea scallops, trimmed and patted dry
vegetable oil
microgreens or pea shoots (for garnish)

In a large skillet, heat the olive oil over medium to medium-high heat and swirl three turns to coat the pan.

Add the anchovy paste to melt into the olive oil.

Add the corn kernels and their liquid. Lightly brown them, about 5 minutes.

Stir in the garlic and shallots for 2 minutes. Then stir in the vermouth.

Stir in the cream and season with a little pepper. Lower the heat to medium-low and stir until thickened, about 10 minutes.

Add the tarragon and simmer on low heat for a few minutes.

While the creamed corn is cooking, heat a large cast iron skillet or other heavy pan over high heat.

Season the scallops with salt and pepper.

Lightly coat the pan with vegetable oil and add the scallops. Cook, turning once, until caramelized to a dark golden color, about 4 to 6 minutes.

Serve the creamed corn in shallow bowls, Top with four scallops per serving and garnish with the microgreens.

Per Serving (excluding unknown items): 364 Calories; 28g Fat (66.4% calories from fat); 11g Protein; 21g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 96mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.