
Sea Scallops with Pignolia Nuts and Leeks

Piccolo Mondo Restaurant - Greentree, PA

Pittsburgh Chefs Cook Book - 1989

Servings: 4

1 1/2 pounds sea scallops

1/2 cup toasted pignolia nuts

1 small leek finely sliced

1/2 cup dry white wine

1/2 cup raw butter

1 small clove garlic, finely diced

clarified butter (for saute'ing)

In a skillet, place enough clarified butter to saute' the scallops.

Heat the skillet to medium-high heat. Lightly flour the scallops and place into the skillet. Saute', stirring occasionally, for about 3 to 4 minutes. Add the garlic and pignolia nuts. Toss for about 30 seconds.

Add the wine and let it reduce by half. Add the raw butter, stirring constantly to make the sauce.

Serve with rice.

Seafood

Per Serving (excluding unknown items): 171 Calories; 1g Fat (7.6% calories from fat); 28g Protein; 4g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 276mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable.