

MRKT Pan-Seared Scallops with Vegetable Ragout and Carrot-Cardamom Reduction

*Courtesy of Josean Jimenez and **In Our Grandmothers' Kitchens***

Ingredients:

for the reduction:

1 cup carrot juice (Josean Jimenez makes this with a juicer, but it may also be purchased)
1 cardamom pod, lightly crushed by hand
1/2 cup cream
salt and pepper to taste

for the scallops:

salt and pepper to taste
4 large scallops
a splash of canola oil
1 teaspoon butter

for the ragout:

a splash of canola oil
1 tiny red onion, finely chopped
1/4 cup fava beans, blanched
1/4 cup English peas, blanched
1/4 cup vegetable stock
1 teaspoon butter
sea salt and pepper to taste (Josean Jimenez prefers the French “piment d’espelette,” available in gourmet stores, but other ground pepper may be substituted)
1 tablespoon finely chopped chives plus additional chives for garnish

Instructions:

First, prepare the reduction. In a saucepan combine the carrot juice and cardamom pod. Bring the mixture to a boil and simmer until it reduces by half (about 5 to 10 minutes). Stir in the cream, and again reduce by about half, or until slightly thick (about 5 minutes more). Remove the reduction from the heat, add salt and pepper, and set aside. Move on to the scallops.

Sprinkle salt and pepper over the scallops. In a small sauté pan heat a splash of canola oil. Sear the scallops over medium high heat until they are golden brown on both sides (around 2 to 5 minutes, depending on your stove). Add the teaspoon of butter just as they are about to finish cooking.

In another small sauté pan heat another splash of canola oil for the ragout. Sauté the red onion pieces briefly; then add the beans and peas. Sauté over medium heat for 1 minute. Add the vegetable stock, and cook for another minute. Toss in the butter when the stock is almost finished cooking. Season the ragout with the salt and pepper, and add the tablespoon of chives.

To serve the dish, ladle 1 ounce of the carrot sauce into a flat bowl. (You will have enough leftover sauce for several future servings.) Pour the vegetable ragout on top of the sauce, and place the scallops on top. Sprinkle chives on top and serve. Makes 1 serving.