

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm Bacon Grilled Scallops on a Cool Salad!

Easy Seafood on a Weeknight: Grilled Scallop Salad

The Dressing

¼ Cup Extra Virgin Olive Oil
2 TB Unseasoned Rice Vinegar
1 Tsp Dijon Mustard
1 TB Thyme Leaves
½ Tsp Sugar
½ Tsp Kosher Salt
¼ Tsp Pepper

The Greens and Vegetables

1 Package Baby Lettuces
8 oz. Pkg Frozen Baby Peas, thawed
1 Carrot, Julienned or Shredded

The Bacon and The Scallops

12 Large Dry Pack Scallops
4 Slices Bacon

Step One: Prepare the dressing by shaking the ingredients in a jar.

Step Two Arrange the lettuce on 4 large dinner plates. Sprinkle the peas and carrots on the lettuce.

Step Three Heat a grill pan, add the bacon and cook until crisp and brown on both sides. Remove the bacon and drain on a rack. When cool, crumble the bacon. Add the scallops to the pan and cook on high heat for about 2 minutes until browned on one side. Turn them over and cook on the other side. The scallops will be opaque when done – don't overcook them or the scallops will be tough and rubbery.

Step Four Place the bacon and scallops on the lettuces. Shake the dressing to mix again and drizzle each salad with the dressing.

2 Kitchen Smidgen

At the fish counter, ask for *Dry Pack Scallops*. Those that are *Wet Packed* may have absorbed up to 30% of their own weight from water and a "special solution". If you can't find *Dry Pack*, cut your scallops in half horizontally before cooking, they will cook quicker.

3 Get Creative

Whip up a quick side of toasted crustades with fresh herb butter. Slice a baguette or other crusty loaf into 1/2" pieces and cut them in half. Toast them in the oven for 5 minutes per side. To 1 stick of room temp unsalted butter, add 1 TB of fresh thyme leaves, 1/2 Tsp of kosher salt and a few grinds of black pepper. Stir well and place in a ramekin. Now you have dinner!

4 WINE of the Week

Chateau de Campuget ROSE

Costieres de Nimes AOC

Cost Plus about \$11.00

Lovely salmon-pink wine makes the scallops in this salad shine. Very aromatic, you taste raspberries and strawberries with a nice crisp finish. Costieres de Nimes is an area, (AOC) in France that is worthy of a good look around - this screwtop rose proves it.