

PAN-SEARED SCALLOPS WITH WILTED SPINACH, PINK BUTTER SAUCE AND CREAMY LOVE MEXICAN RICE

Pan-seared scallops

1. Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry.
2. Add butter and oil to a 12 to 14 inch saute pan on high heat. Salt and pepper the scallops. Once the butter and oil begins to smoke, gently add the scallops making sure they are not touching each other. Sear the scallops for 1 and a half minutes on each side. The scallops should have a ¼ inch golden crust on each side while still being translucent in the center.

Creamy Love Mexican Rice

3 cups low-sodium canned or homemade chicken stock
1 tablespoon unsalted butter
1 tablespoon olive oil
3 cloves garlic, minced
1 cups Arborio rice
½ cup dry white wine
½ cup freshly grated parmesan cheese
1 teaspoon salt
a pinch of freshly ground pepper
1 cup pico de gallo
½ cup corn kernels, cooked

Directions:

1. Heat chicken stock in a medium saucepan. The chicken stock must be kept hot during preparation
2. Heat the butter and oil in a large, heavy saucepan over medium heat. Add the garlic and saute, stirring occasionally, for one to four minutes or until softened and translucent. Do not brown. Add the rice, and stir to coat. Cook rice for about two minutes, stirring frequently, until well coated and grains start to appear translucent. Add the white wine, and stir constantly for about two minutes until it has evaporated.
3. Add 1 cup of the hot chicken stock and cook, stirring constantly, until almost all of the liquid has evaporated. Then add additional hot chicken stock, ½ cup at a time, stirring constantly until each addition is absorbed before adding the next. Reserve ½ cup of chicken stock for serving. Cook until rice is tender but still firm in the center, a total of 20 to 25 minutes.
4. Remove the pan from heat. Add pico de gallo, corn, parmesan cheese, salt and pepper. Add the remaining stock a little at a time to reach desired consistency. It should be fairly loose.

Pink Cream Sauce

¼ cup white onion, diced
1 tablespoon garlic, chopped
1 cup heavy cream

¼ cup white wine dry
1 small can tomato sauce

Directions:

1. In a small sauce pan on medium heat, sauté onions and garlic for two to three minutes. Add wine and let alcohol evaporates for about two minutes
2. Add heavy cream and reduce it halfway. Add tomato sauce and cook for about five minutes.
3. Add salt and pepper to taste.

Plate the scallops on top of wilted spinach. Cover with pink cream sauce. Shape the rice with cookie cutters to achieve love spelling.