



PAPER & FOOD SERVICE, INC.

Anastasia's Seared Scallops with Roasted Garlic Sabayon

Ingredients	Yield: 8 Servings
--------------------	--------------------------

- 4 ea. Garlic, heads
- 3 Tlb. Olive oil, extra virgin
- 8 ea. Scallops, dry, U-8
- 1 c. Clam broth
- 2 oz.. Vermouth, dry
- 1 oz.. Lemon juice
- 8 ea. Eggs, large, yolks
- 2 tsp. Fresh parsley, curly, chopped
- 2 tsp. Fresh tarragon, chopped
- 2 tsp. Fresh, chives, chopped
- 4 c. Baby Arugala, lightly packed
- t.t. Salt
- t.t. Black pepper, café

Preparation Instructions:

1. Preheat oven to 400 degrees. Cut top off heads of garlic to expose cloves. Place garlic heads on large sheet of aluminum foil. Drizzle 2 tsp. Oil over garlic and wrap loosely but completely in foil. Place packet directly on oven rack and roast until very soft, approximately 45 minutes. Remove from oven and cool. Squeeze garlic from skins into small mixing bowl. Using a fork, mash roasted garlic until smooth.
2. Heat remaining olive oil in a large sauté pan over medium-high heat. Season scallops with salt and pepper. Add scallops and sear half at a time until brown, approximately 2 minutes per side. Transfer to plate, tent with foil and keep warm.
3. In a small saucepan bring clam juice and vermouth to boil; remove from heat. Stir in lemon juice. In another metal mixing bowl whisk egg yolks and 4 Tlb. Roasted garlic puree. Then gradually whisk in clam juice mixture. Place bowl over saucepan of simmering water (Do not let bowl touch water) and whisk until sabayon is thick and creamy and thermometer registers 160 degrees, approximately 3 minutes. Remove bowl from over water. Whisk in parsley, tarragon, chives and season with salt and pepper to taste.
4. Divide Arugala among warm plates; place 1 scallops atop Arugala. Then spoon sabayon over scallops and serve immediately.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Garlic, heads	Fresh	097207	4 ea.	\$3.60
Olive oil, extra virgin	Gem	370864	3 Tlb.	\$0.28
Scallops, dry, U-8	Indian Ridge	095747	16 ea.	\$15.20
Clam broth	Culinary Secrets	234652	1 c.	\$0.16
Vermouth, dry	N/A	N/A	2 oz.	\$0.50
Lemon juice	Katy's Kitchen	210498	1 oz.	\$0.05
Eggs, large	Maines	092114	8 ea.	\$1.04
Fresh parsley	Fresh	097531	2 tsp.	\$0.08
Fresh tarragon	Fresh	097297	2 tsp.	\$0.12
Fresh chives	Fresh	097252	2 tsp.	\$0.08
Baby Arugala	Fresh	097235	6 c.	\$17.20
Salt	Katy's Kitchen	340620	t.t.	\$0.02
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.03

Recipe Cost	\$38.36
Portion Cost	\$4.79

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
----------------------	--------------	--------------	-----------

\$9.95	\$4.79	\$5.16	48.14%
--------	--------	--------	--------

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$10.95	\$4.79	\$6.16	43.74%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$11.95	\$4.79	\$7.16	40.08%