



Seared Scallops with Mint Pesto Sauce

PAPER & FOOD SERVICE, INC.

Ingredients	Yield: 12 Servings
--------------------	---------------------------

Seared Scallops

- 48 ea. Sea Scallops, U-10, Dry
- 1/2 oz. Butter
- 1/2 oz Olive Oil
- t.t. Kosher Salt
- t.t. Black Pepper, Café

Mint Pesto Sauce

- 2 c. Fresh Mint packed
- 1 1/2 c. Fresh Parsley, Flat, packed
- 3 Tlb. Almonds, toasted and chopped
- 3 oz. Parmesan cheese
- 3 Tlb. Lemon Juice
- 3 Tlb. Garlic, whole clove, minced
- 1 1/2 oz. Water
- 1/3 tsp. Salt
- 1/4 tsp. Black pepper, café

Asparagus with Lemon Butter Sauce

- 3 # Asparagus, Fresh
- 8 oz. Butter
- 2 oz. Lemon Juice
- 2 Tlb. Parsley, flat, chopped
- t.t. Salt

Preparation Instructions:

Mint Pesto Sauce

1. In a food processor combine the mint, parsley, almonds, Parmesan cheese, water, lemon juice, garlic, salt and pepper. Cover and process until nearly smooth. Place in squeeze bottle and set aside for service.

Asparagus with Lemon Butter Sauce

- 1. Wash asparagus with cold running water. Cut off the lower end of each stalk and peel asparagus.
- 2. In a saucepan over low heat combine the butter, lemon juice, parsley and salt, heat until hot.
- 3. Steam asparagus for approximately 6-8 minutes or until tender. **DO NOT OVERCOOK.**

Seared Scallops

- 1. Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry with paper towel
- 2. Add the butter and oil to a large saute pan on high heat.
- 3. Season the scallops with salt and pepper. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1 1/2 minutes on each side. The scallops should have a 1/4 inch golden crust on each side while still being translucent in the center.
- 4. To plate alternate scallop and asparagus. (4 Scallops and 5 Asparagus) Drizzle lemon butter sauce over asparagus tips. Garnish scallops and asparagus with mint pesto sauce. Serve immediately

Ingredients		Maines Product Code #	Amount	
Seared Scallops				
Sea Scallops, U-10, Dry	Hidden Bay	134891	48 ea.	
Butter	Grassland	000110	1/2 oz.	
Olive Oil	Gem	370867	1/2 oz.	
Kosher Salt	Morton	340657	t.t.	
Black Pepper, Café	Culinary Secrets	345631	t.t.	
Mint Pesto Sauce				
Fresh Mint	Fresh	O97279	2 c.	
Fresh Parsley, Flat	Fresh	O97526	1 1/2 c.	

Almonds	Katy's Kitchen	328129	3 Tlb.	
Parmesan Cheese	Grande	O11115	3 oz.	
Lemon Juice	Katy's Kitchen	210498	3 Tlb.	
Garlic, whole clove	Markon	O97210	3 Tlb.	
Water	N/A	N/A	1 1/2 oz.	
Salt	Katy's Kitchen	340620	1/3 tsp.	
Black Pepper, Café	Culinary Secrets	345631	1/4 tsp.	
Asparagus with Lemon Butter Sauce				
Asparagus, fresh	Fresh	O97032	3 #	
Butter	Grassland	OOO110	8 oz.	
Lemon Juice	Katy's Kitchen	210498	2 oz.	
Parsley, Flat	Fresh	O97526	2 Tlb.	
Salt	Katy's Kitchen	340620	t.t.	

