



Seared Scallops with Soft Polenta and

Braised Rapini

Yield: 4 Servings

Polenta

Ingredient

Chicken broth
Heavy cream
Corn meal
Sea salt
Mascarpone
Grated Parmesan
Butter, unsalted

Amount

2 C
2 C
1 C
1 tsp
4 oz
1/2 C
4 oz

Rapini

Slab bacon, cut into 1/4" lardons
Garlic, sliced thin
Rapini, Coarsely Chopped
Red chilies, sliced thin
Fennel seed
Sea salt
Extra virgin olive oil

4 oz
2 TBSP
8 oz
2 TBSP
1 tsp
As needed
As needed

Sea Scallops

Extra virgin olive oil
Sea salt
Sea scallops

As needed
As needed
24 Ea

Polenta

1. Combine the chicken broth and heavy cream and bring to a simmer.
2. Whisk in the corn meal in a steady stream, eliminating any lumps. Switch to a wooden spoon, lower the heat to low, and continue cooking and occasionally stirring 40–60 minutes.
3. Add the sea salt, Mascarpone, Parmesan and butter. Stir to emulsify, cover, and keep warm.

Rapini

1. Over medium heat, render the bacon lardons. Remove when crispy and leave the fat in the pan.
2. Add the sliced garlic and saute until lightly brown.
3. Add the rapini and saute until wilted. Season with sliced chilies, crushed pepper, fennel seeds, sea salt and olive oil. Add the bacon lardons and keep warm.

Scallops

1. Heat the olive oil over high heat until it smokes.
2. Season the scallops with salt and working in small batches, sear each side until dark golden brown. Place in a 350F oven and continue cooking for 2–3 minutes until medium rare.

To Serve

On shallow oblong plates, divide the soft polenta. Let it run to the edge naturally. Place 6 scallops in the polenta and scatter the rapini mixture around. Drizzle with extra virgin olive oil and serve.