

Whangamata Seafoods

112 Wattle Place, Whangamata 3620, Phone: 07 8658086, Fax: 07 8657039, Email: peter@whangamataseafoods.co.nz



Seared Scallops with orzo and Herb Butter Sauce

Ingredients

3/4 cup uncooked orzo
2 tablespoons chopped fresh parsley, divided
2 tablespoons chopped fresh chives divided
2 teaspoons extra-virgin olive oil
1/8 teaspoon salt
16 grams large sea scallops
3/8 teaspoon salt, divided
3/8 teaspoon black pepper, divided
Cooking spray
1/3 cup dry white wine
1 tablespoon chopped shallots
1 tablespoon white wine vinegar
3 tablespoons chilled butter, cubed
1 teaspoon chopped fresh thyme

Preparation

1. Prepare orzo according to package directions, omitting salt and fat. Drain. Return to pan; stir in 1 tablespoon parsley, 1 tablespoon chives, olive oil, and 1/8 teaspoon salt. Keep warm.
2. Heat a large cast-iron skillet over medium-high heat. Sprinkle scallops evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat scallops with cooking spray. Add scallops to pan; cook 3 minutes on each side or until browned. Remove from pan; keep warm.
3. Combine wine, shallots, and vinegar in a saucepan; bring to a boil. Cook 5 minutes or until liquid reduces to 1 tablespoon. Reduce heat to low. Add butter cubes, 1 at a time, whisking after each addition until butter is fully incorporated. Stir in 1 tablespoon parsley, 1 tablespoon chives, 1 teaspoon thyme, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Serve scallops with sauce and orzo.

The recipes are from cookinglight.com, an amazing source of healthy and tasty recipes

Whangamata Seafoods

112 Wattle Place, Whangamata 3620, Phone: 07 8658086, Fax: 07 8657039, Email: peter@whangamataseafoods.co.nz



Seared Scallops with Wilted Watercress and Bacon

Ingredients

2 teaspoons canola oil
16 large sea scallops
3/8 teaspoon salt, divided
1/4 teaspoon sugar
1/8 teaspoon freshly ground black pepper
2 slices of bacon
1/2 cup sliced shallots
2 large garlic cloves, thinly sliced
25 ml chicken stock
100 grams watercress

Preparation

1. Heat a large cast-iron skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle both sides of scallops evenly with 1/4 teaspoon salt, sugar, and pepper. Add scallops to pan; cook 3 minutes or until done, turning after 2 minutes. Remove from pan; keep warm.
2. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Discard all but 2 teaspoons drippings. Add shallots and garlic to drippings in pan; sauté 2 minutes. Add broth to pan; bring to a boil. Add remaining 1/8 teaspoon salt and watercress to pan; cook 30 seconds or until greens begin to wilt. Place 4 scallops and about 1 cup watercress on each of 4 plates. Sprinkle servings evenly with bacon.

Whangamata Seafoods

112 Wattle Place, Whangamata 3620, Phone: 07 8658086, Fax: 07 8657039, Email: peter@whangamataseafoods.co.nz



Seared Scallop Salad

Ingredients

1/2 teaspoon freshly ground black pepper, divided
3/8 teaspoon salt, divided
12 large sea scallops
1 cucumber, halved lengthwise
Cooking spray
2 tablespoons fresh lime juice
2 teaspoons extra-virgin olive oil
4 cups torn lettuce
3 cups cubed seedless watermelon
1/4 cup fresh mint leaves, torn
1/2 peeled avocado, cut into 8 slices

Preparation

1. Preheat grill to medium-high heat.
2. Sprinkle 1/4 teaspoon pepper and 1/4 teaspoon salt over scallops and cucumber. Arrange in a single layer on a grill rack coated with cooking spray. Grill 3 minutes on each side or until scallops are done and cucumber is well marked. Remove from heat; cut cucumber into 1/4-inch slices.
3. Combine remaining 1/8 teaspoon salt, juice, and oil in a large bowl; stir with a whisk. Add cucumber, lettuce, watermelon, and mint; toss gently to coat. Divide the watermelon mixture evenly among 4 plates. Top each serving with 3 scallops and 2 avocado slices. Sprinkle evenly with remaining 1/4 teaspoon freshly ground black pepper.

The recipes are from cookinglight.com, an amazing source of healthy and tasty recipes

Whangamata Seafoods

112 Wattle Place, Whangamata 3620, Phone: 07 8658086, Fax: 07 8657039, Email: peter@whangamataseafoods.co.nz



Seared Scallops with Lemony Sweet Pea Relish

Ingredients

- 1 cup shelled fresh peas
- 1 1/2 teaspoons salt, divided
- 1/4 cup extra-virgin olive oil, divided
- 1 1/2 teaspoons grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh flat-leaf parsley
- 1/4 cup minced shallots
- 1/2 teaspoon freshly ground black pepper, divided
- 20 large sea scallops
- 1 1/2 cups pea shoots
- 6 lemon wedges

Preparation

1. Cook English peas in boiling water with 1 teaspoon salt for 2 minutes. Drain and rinse with cold water; drain. Combine peas, 3 tablespoons oil, rind, juice, parsley, and shallots. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper; toss gently.
2. Heat a large cast-iron skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Sprinkle remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper over scallops. Add half of scallops to pan; cook for 2 minutes on each side or until desired degree of doneness. Repeat procedure with remaining 1 1/2 teaspoons oil and scallops. Divide scallops evenly among 6 plates; top each serving with 2 1/2 tablespoons pea mixture and 1/4 cup pea shoots. Serve with lemon wedges.

Whangamata Seafoods

112 Wattle Place, Whangamata 3620, Phone: 07 8658086, Fax: 07 8657039, Email: peter@whangamataseafoods.co.nz



Seared Scallops with Cauliflower Purée

Ingredients

2 cups chopped cauliflower
1 cup cubed peeled potato
1 cup water
1/2 cup chicken stock
1 tablespoon canola oil
16 large sea scallops
3/4 teaspoon salt, divided
1/2 teaspoon coarsely ground black pepper
1 1/2 tablespoons unsalted butter
1/8 teaspoon crushed red pepper

Preparation

1. Bring first 4 ingredients to a boil in a saucepan; cover, reduce heat, and simmer 6 minutes or until potato is tender. Remove from heat. Let stand, uncovered, 10 minutes.
2. Heat a large skillet over high heat. Add oil; swirl to coat. Pat scallops dry with paper towels; sprinkle with 1/4 teaspoon salt and black pepper. Add scallops to pan; cook 3 minutes on each side or until desired degree of doneness. Remove scallops from pan.
3. Pour cauliflower mixture in a blender. Add 1/2 teaspoon salt, butter, and red pepper. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in lid (to avoid splatters). Blend until smooth. Serve puree with scallops.

Whangamata Seafoods

112 Wattle Place, Whangamata 3620, Phone: 07 8658086, Fax: 07 8657039, Email: peter@whangamataseafoods.co.nz



Thai Seafood Salad

Ingredients

1/4 cup water
8-12 large sea scallops
500 gr peeled and deveined shrimp
5 tablespoons fresh lime juice
2 1/2 tablespoons fish sauce
1 teaspoon sugar
1 teaspoon chili paste or chopped chili
1 teaspoon chopped garlic
1 cup red bell pepper strips
1/2 cup prechopped red onion
1/4 cup fresh mint leaves, finely chopped
2 fresh lemongrass stalks, trimmed and thinly sliced
1 cucumber, halved lengthwise and thinly sliced

Preparation

1. Bring 1/4 cup water to a simmer in a large skillet. Add scallops to pan; cover and cook 3 minutes or until done. Remove scallops from pan with a slotted spoon; pat scallops dry with paper towels. Place scallops in a large bowl. Add shrimp to simmering water in pan; cover and cook 3 minutes or until done. Drain well; add to scallops.
2. While scallops and shrimp cook, combine lime juice, fish sauce, sugar, and chili; stir to dissolve sugar.
3. Add juice mixture, bell pepper, and remaining ingredients to scallop mixture; toss gently to combine.

The recipes are from cookinglight.com, an amazing source of healthy and tasty recipes