



# threesimple

## ... SCALLOP DISHES

By Marge Perry

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**tip**

Be sure to ask your fishmonger for dry scallops or they will not sear properly.

### 1 SCALLOPS WITH CAPERS, TOMATOES AND FIG BALSAMIC

- 2 tablespoons extra-virgin olive oil, divided
- 1 clove garlic, finely minced
- 3 tablespoons drained capers
- 2 plum tomatoes, cut into 1/4-inch dice
- 1 tablespoon fig balsamic vinegar
- 1 1/2 pounds dry sea scallops, patted dry
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

1. Heat 1 tablespoon of the oil in a large, nonstick skillet over medium high. Add the garlic and cook, stirring, 15 seconds. Add the capers and tomatoes and cook, stirring, 1 minute. Add the vinegar and cook, stirring, until the liquid becomes thick and syrupy, about 2 minutes. Transfer to a bowl.

2. Season the scallops with salt and pepper.

3. Wipe the skillet out with a paper towel, add the remaining 1 tablespoon of oil and place over medium high. When the skillet is well heated, add the scallops in a single, uncrowded layer. (If necessary, cook them in 2 batches.) Cook until the undersides are golden brown, 2 to 2 1/2 minutes; turn and cook until again golden brown on the undersides, another 2



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to 2 1/2 minutes.

4. Serve scallops with tomato mixture. Makes 4 servings.

**Nutritional analysis for each serving** 128 calories, 1 g fat, no saturated fat, 21 g protein, 8 g carbohydrates, 1 g fiber, 746 mg sodium

### 2 SCALLOPS IN LEMON GARLIC BUTTER

- 1 1/2 pounds dry sea scallops, patted dry
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon olive oil
- 3 tablespoons butter, divided
- 3 cloves garlic, sliced lengthwise
- 1/4 cup dry white wine

- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley

1. Season the scallops with salt and pepper.

2. Heat the oil in a large, nonstick skillet over medium high. Place the scallops in the pan in a single, uncrowded layer. (Work in batches, if necessary.) Cook until the undersides are golden brown, 2 to 2 1/2 minutes. Turn and cook until again golden brown on the undersides, another 2 to 2 1/2 minutes. Transfer to a plate.

3. Melt 1 tablespoon of butter in the skillet, add garlic and cook, stirring occasionally, until just started to turn golden, about 1 minute. Add wine to skillet and

cook, stirring, until the liquid is thickened, about 1 minute. Add lemon juice, cook 30 seconds and remove from heat. Swirl in the remaining butter until melted. Place the scallops back in the warm skillet and turn once to coat in the sauce. Sprinkle with parsley and serve immediately. Makes 4 servings.

**Nutritional analysis for each serving** 228 calories, 13 g fat, 6 g saturated fat, 21 g protein, 6 g carbohydrates, no fiber, 567 mg sodium

### 3 SCALLOPS WITH PAN-ROASTED CORN AND PEPPERS

- 3 tablespoons extra-virgin

- olive oil, divided
- Kernels from 3 ears corn (about 2 cups)

- 1 red bell pepper, cut into 1/4-inch dice
- 3/4 teaspoon salt, divided
- 1/2 cup fresh basil, cut into thin strips (or chopped)
- 1 1/2 pounds dry sea scallops, patted dry
- 1/8 teaspoon black pepper

1. Heat 1 tablespoon of the oil in a large, nonstick skillet over medium high. Add the corn and cook until lightly browned, about 2 minutes. Add the pepper and cook until crisp-tender, about 2 minutes. Season with 1/4 teaspoon of the salt, stir and transfer to a bowl. Stir in 1 tablespoon of the oil and the basil and set aside.

2. Season the scallops with the remaining 1/2 teaspoon salt and pepper. Heat the remaining 1 tablespoon of oil in the skillet over medium high; add the scallops and cook until the undersides are golden brown, 2 to 2 1/2 minutes. Turn and cook until golden on the undersides, another 2 to 2 1/2 minutes. Serve with the vegetables. Makes 4 servings.

**Nutritional analysis for each serving** 288 calories, 12 g fat, 2 g saturated fat, 23 g protein, 22 g carbohydrates, 3 g fiber, 723 mg sodium

## drinks

There are those humid, summer days when you think: Maybe winter is pretty good, after all. One way to cool off during the sticky weather: a bright, light white wine. Keeping the price less than \$20 helps, too.

The 2012 Trivento Torrontés Reserve (\$12) fits the description and does so at a very respectable price. You'll find citrus notes and some tropical fruit in this refresher from Argentina. The 2013 Luigi Bosca Finca La Linda Torrontés (\$15) announces itself with peach and citrus, plus flowers. Both

wines are fine with Mexican and Thai cuisines, and are a lively accompaniment to sushi.

And the crisp, no-nonsense 2013 Casillero del Diablo Sauvignon Blanc (\$11) brings in a haul of tropical fruit and citrus. The Chilean wine is a match for shellfish and light seafood.

Take an Italian trip with the grassy, citrusy 2013 Aia Vecchia Vermentino IGT Maremma Toscana (\$12), a fresh and easygoing choice that is especially right with uncomplicated seafood dishes, from salad to crudo, fritto misto

to simply prepared finfish.

The floral 2013 Santi Pinot Grigio IGT Sortesele (\$16) offers a suggestion of pear and melon, with a trace of pepperiness, too. It's a versatile wine, ready for poolside, rooftop and backyard parties.

From Alsace comes the 2012 Hugel et Fils Gentil (\$15), a white blend of gewürztraminer with pinot gris, riesling, muscat and sylvaner. The result is slightly floral, dry and ideal chilled, to be served with appetizers and seafood. — PETER M. GIANOTTI

## goodbuy

The new Dark Salted Brown Butter organic chocolate bar by Alter Eco is a treat. The fair-trade 70 percent cocoa bar unfolds slowly on the palate. It's subtly salty and butter-smooth, hitting rich, fruity notes. Find the 12-ounce bar at Whole Foods for \$3.99 or order online at alterecofoods.com.

— JOAN REMINICK

