



THE R+R SHOW

EPISODE 3: JUMBO SEA SCALLOPS

Dish Ingredients

Scallops	3
Langoustines	2
English pea puree	½ cup
Vegetable fregola	½ cup

Vegetable Fregola

Dry fregola	1 cup
Zucchini	1
Yellow bar squash	1
Red bell pepper	1
Summer corn	1
Butter	2 generous pats
Basil	5 leaves

1. Start by filling a large pot with salted water and bring to a rapid boil.
2. Once the water is boiling, pour in the vegetable fregola, and cook until tender.
3. Remove the fregola from the water, toss with oil, and lay out on a sheet pan in the fridge to cool down.
4. Next, cut your zucchini and squash in half, toss in oil, and grill on high heat. You are just looking for some good grill flavor.
5. Once grilled, cut your squash and zucchini into small dice, and put to the side.
6. Roast your red bell pepper on the grill. Cut off the core and small dice as well.
7. Toss your ear of corn in oil, salt, and pepper, and grill. Once caramelized, remove and shuck the corn kernels off the cob and set aside.
8. To finish, in a medium sauté pan, add a nice pat of butter and add your fregola to the pan first.
9. Sauté for 1 minute and add your grilled diced veggies.
10. Cook for another 2 minutes, remove from the heat, and add torn basil, salt, and pepper to finish.

English Pea Puree

Sucked English peas	2 cups
Baby spinach	1 cup
Picked mint leaves	1 cup

1. Start by filling a pot with salted water and bring to a boil.

2. Add your peas, spinach, and mint, and cook for 2 minutes.
3. Remove from the water and dunk into ice water to stop the cooking process.
4. Once cold, remove ingredients from the ice water and puree in a blender with a little water to make a nice, smooth puree.
5. Season with salt and set aside.

To Finish the Dish

1. Place your sauté pan over medium-high heat.
2. Pat dry your scallops and season with salt and pepper.
3. Once your pan is hot, add oil and place scallops down in it. Cook for 1-2 minutes until the scallops are golden brown on the sear side.
4. Season your langoustines, with salt and pepper as well, and add them to the pan.
5. Flip the scallops and add a generous pat of butter. Turn the heat down a little so that you don't burn anything and cook for another 2 minutes. Then, remove from the pan.
6. Spoon your pea puree on the plate first and place the veggie fregola on top.
7. Stage the scallops on the plate as well as the langoustines.
8. Garnish with a drizzle of olive oil or the butter from the pan from the scallops. You can also garnish with petite greens, torn mint, or lemon zest.

Enjoy!