

Thai-style Scallops



Yellow Curry Sauce

1 14-ounce can coconut milk
1 tablespoon yellow curry paste (see recipe)
2 1/2 tablespoons fish sauce (nam pla)
1 tablespoon sugar
1 tablespoon cornstarch
3 tablespoons water
1 tablespoon chopped mint
1 tablespoon chopped cilantro
Salt and pepper

Thai Yellow Curry Paste

1 teaspoon cumin seeds
1 teaspoon coriander seeds
8 dried Thai Bird chilies
1/2 teaspoon ground cinnamon
1 teaspoon salt
1/2 teaspoon ground cloves
1 tablespoon chopped lemongrass
2 tablespoons chopped shallots
1 tablespoon chopped garlic
1 tablespoon turmeric powder

Scallops

12-16 scallops
Salt and white pepper
3 tablespoons peanut oil

Mixed Vegetable Medley

2 tablespoons peanut oil
1 teaspoon grated ginger
1/2 teaspoon chopped fresh garlic
1/2 teaspoon minced shallots
1/4 cup carrots, julienne
1/4 cup celery, julienne
1/4 cup red bell pepper, julienne
1/4 cup yellow squash, julienne
1/4 cup green zucchini, julienne
2 tablespoons toasted cashews
1 tablespoon hot pepper flakes
2 tablespoons water
Salt and freshly ground pepper

First, gather all ingredients and begin by cutting the mixed vegetables. Then, prepare sauce first. (When the sauce is in its last 10 minutes, cook scallops then remove to a warm plate in a 200-degree oven and wipe out the pan. You may want to add this liquid to the sauce; it will intensify the scallop flavor. With this warm pan, continue to cook the vegetable medley).

Yellow Curry Sauce:

Combine the coconut milk, curry paste, fish sauce, and sugar in a saucepan to bring it to a boil. Reduce the heat and simmer for about 10 minutes. Dissolve the cornstarch into the water and whisk into the

sauce. Stir briskly and cook for 5 minutes until the sauce thickens. After desired consistency is achieved, season with salt and pepper to taste then stir in chopped herbs. By waiting until the end, the herbs will retain their fresh flavor and green color. Keep sauce warm.

Thai Yellow Curry Paste:

Place the cumin and coriander seeds in a pan without adding any oil. Toast them, stirring, over medium heat for 1 to 2 minutes until they are slightly browned and give off a roasted aroma. Coarsely chop the chilies and soak in water for 10 minutes. Drain. Pound all the ingredients together in a mortar with a pestle to produce a fine paste.

Mixed Vegetable Medley:

Heat a large skillet over medium-high heat and add the oil. Add the ginger, garlic and shallots and heat until aromatic, being careful not to get them brown. Add the carrots, celery, bell peppers, squash, zucchini, cashews, and hot pepper flakes and sauté until tender but still crisp. Turn off heat, add water and cover to steam for 30 seconds. Season with salt and pepper, to taste.

Scallops:

Lightly season both sides of the scallops with the salt and white pepper. Heat the oil in a large skillet or sauté pan over medium-high heat. Add the scallops and cook until golden and just cooked through, about 2 minutes per side. Transfer to a plate and cover to keep warm.

Assembly:

Assemble meal by mounding vegetables in center of plate and placing scallops evenly around. Lightly drizzle sauce around plate with a spoon to keep it off the scallops which would hide their nice caramel color.

Recipe by Gerard Viverito, Director of Culinary Education, Passionfish (www.passionfish.org)

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