



SEA SCALLOPS WITH CARMELIZED FENNEL AND ONIONS

» Serves 2

INGREDIENTS

6 sea scallops (10/20 ct.)
2 tbsp. unsalted butter
salt and pepper

1 large fennel bulb, cleaned and thinly sliced
2 large celery ribs, cleaned and sliced
1 large sweet onion, peeled and thinly sliced
½ cup fish stock
½ cup white wine

DIRECTIONS

Season scallops with salt and pepper, add butter to a skillet over medium heat and add scallops, cook until scallops are golden brown and slightly firm, approximately 3 minutes per side. Remove from skillet and set aside. Sauté fennel, celery and onion in same skillet over medium high heat, until softened and onions and fennel begin to caramelize. Add ½ cup of fish stock and ¼ cup white wine, reduce liquid for 5 minutes over medium high heat. Add sautéed scallops back into pan and toss together.

TO SERVE

Place caramelized fennel mix on a plate and arrange 3 scallops on top of the fennel, garnish with fennel fronds.