

Recipe courtesy of Chef Brad Phillips
Even Keel Fish & Oyster, Fort Lauderdale

SEARED SCALLOPS Romaine Salad & Corn Pudding



Scallops:

Preheat pan with oil to hot but not smoking, and sear 1 minute per side to medium rare

Salad:

1 head of romaine heart (cut in half, rub with a bit of oil and salt and pepper, grill for 1 minute on each side)

Sautee together in a pan and serve on top of romaine:

1 cup roasted corn

4 oz rendered Benton's bacon

2 oz oyster mushroom

Corn Pudding:

1 cup corn juice (cut raw kernels from the cob and juice in a vegetable juicer)

1 teaspoon turmeric

1 teaspoon salt

Add all ingredients to a small pot and cook over medium heat for 25-30 minutes until juice becomes thick. Serve on the side of scallops and salad.

Order Scallops at www.PetersFloridaSeafood.com