

ROSE PETAL RISOTTO WITH PAN-SEARED SCALLOPS



TIME TO PREPARE

15 Minutes

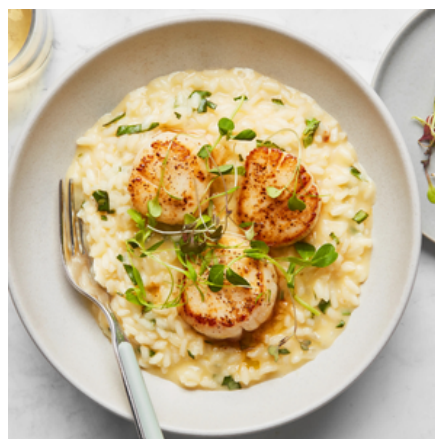


BAKING TIME

18 Minutes



2 SERVINGS



Ingredients

- 3 cups vegetable or chicken broth
- [2 tbsp Virgin olive oil](#)
- 1 shallot, minced
- [1 package Sarafino Rose Petal Risotto](#)
- 1/2 cup dry white wine
- Kosher salt
- 1 tbsp butter, optional
- 1/4 cup grated Parmesan cheese
- 6 large sea scallops, thawed
- 1 tbsp EACH butter and olive oil
- Kosher salt and freshly ground black pepper
- Microgreens for garnish

Steps to Make

1. Heat 3 cups of vegetable broth in a pot over medium-low on back burner of stove-top.
2. In a separate skillet, heat 2 tbsp virgin olive oil over medium. Add shallot and cook over medium heat for 2 to 3 minutes or until translucent. Add risotto and stir, coating all the kernels of rice with oil. Cook for about 1 minute to "toast" the rice.
3. Add wine and stir the rice and vegetables until the wine has nearly evaporated and pan seems almost dry.
4. Reduce heat to medium-low and ladle in warm broth. Add enough so that rice is covered with liquid or as we like to say "swimming under the water". Season with salt. Stir occasionally and when the liquid level reduced to about 1/3 (about 7 to 8 minutes), stir in more broth, covering the rice once again so that it "swims" in the liquid. Cook about 6 to 7 minutes then add remaining liquid to the pan. Cook for about 5 to 6 minutes longer (rice should be cooked in about 18 minutes total from the time you add the first addition of liquid) until almost all of the liquid has been absorbed and the rice is "al dente". Remove from the heat. Stir in 1 tbsp butter and

grated Parmesan cheese. Let sit covered for 2 to 3 minutes and serve.

5. **To Make Scallops:** Remove the tough abductor muscle from the side of each scallop (some scallops are sold with the muscle already removed). If you feel any grit on the scallops, rinse them under cold water. Pat the scallops dry with paper towels; surface moisture impedes browning.
6. Heat a 10- or 12-inch nonstick skillet over medium-high heat for 1 to 2 minutes. Add the oil and butter, and heat until quite hot. Pat the scallops dry once more and put them in the pan in a single, uncrowded layer. Season with salt and pepper and let sear undisturbed until one side is browned and crisp, 2 to 4 minutes. Using tongs, turn the scallops and sear until the second side is well browned and the scallops are almost firm to the touch, 2 to 4 minutes. Take the pan off the heat, transfer the scallops to a plate, to keep warm. Serve over the Rose Petal Risotto.