



Seared Sea Scallop with Ginger Lemongrass Broth

Ingredients

FOR THE BROTH:

- 1 each yellow onion, chopped
- 8 each garlic cloves, smashed
- 1 cups ginger root, chopped
- 1 cup lemongrass, chopped
- 1 each whole jalapeño chopped
- 2 cups seasoned rice wine vinegar
- 2 cups mirin
- 2 cups white wine
- ¼ cup soy sauce
- ⅓ cup sambal

FOR THE FISH:

- 8 sea scallops
- grapeseed oil
- salt to taste

FOR THE VEGETABLES:

- 2 tablespoons grapeseed oil
- 1 bunch broccoli, chopped into 1 in pieces, blanched
- 2 teaspoons chopped garlic
- 1 tablespoon chopped shallots
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped basil

Directions

FOR THE BROTH - Bring all ingredients (except the soy and sambal) to a boil in a saucepot, then simmer for 45 min to 1 hour. Don't reduce liquid.

Strain and reserve the liquid.

Finish it with the soy and sambal. Hold broth hot until time to serve.

FOR THE SCALLOP - Heat large sauce pan over high heat, add grapeseed oil to cover bottom of pan.

Serve 1 scallop in bowl, pour 3oz of broth over it.

FOR THE VEGGIES - In a hot sauté pan heat grapeseed oil till it smokes.

Add the broccoli and sauté it quickly for 45 seconds, then add garlic and shallots. Continue to cook for another minute.

Deglaze with a couple of tablespoons of water and finish with cilantro and basil. Cook till water reduces away and serve right away.

Place small amount of hot vegetables in bottom of each bowl.

Place seared fish on the top of broccoli and spoon ¼ cup of broth around. Serve right away.

Enjoy!