

Chef from the Hood Recipes



Chef:

Shirlee Zane
Gourmet cook & CEO of the Council on Aging

Recipe:

Paprika Scallops

Ingredients

3 limes
12 jumbo scallops
1/2 cup flour
2 to 4 teasp. paprika
1/2 teaspoon salt
1/4 teaspoon pepper
3 ears of white corn
1 tablespoon butter
1 red onion, chopped
1/2 cup chopped cilantro
(plus sprigs for garnish)
2 tablespoons olive oil

Prep: Squeeze juice from one lime over scallops in a bowl. Set aside. Mix flour, paprika, salt and pepper together in a plastic bag. Set aside. Cut corn off cob, sauté in butter, then set aside. Chop red onion and cilantro, (reserve a few sprigs for garnish) mix with juice of one lime. Add salt to taste, and set aside.

Cook: Heat a heavy bottomed skillet on medium heat. Drop scallops into flour mixture and coat well. Add olive oil to pan. Brown both sides of scallops until their coating begins to caramelize. Mix sautéed corn with the cilantro and red onion mixture. Mound some of the corn mixture on each plate. Place 3 scallops on top of each mound. Cut last lime into wedges; garnish plates with lime wedge and a sprig of cilantro.

Shirlee Zane's caramelized scallops served over fresh corn salsa is a lovely marriage of flavor, color and texture and makes a perfectly light yet festive spring or summer dinner for four. Shirlee suggests pouring your favorite Chardonnay or Sauvignon Blanc with her fabulous dish!