

CHEF'S TIP

Scallops tend to plump up with water, so before cooking set them on paper towels in order to draw out some of the moisture. Scallops have a tough little muscle on the side. Peel it off before using.

SEARED SCALLOPS WITH ORZO RISOTTO

Orzo Risotto:

1²/₃ cups (400 mL) orzo

1 Tbsp. (15 mL) olive oil

**1 cup (250 mL)
diced mushrooms**

1/3 cup (75 mL) diced onion

**1/3 cup (75 mL) diced
sun-dried tomatoes**

**1/3 cup (75 mL) diced
red pepper**

2 cups (500 mL) chicken stock

**1/2 cup (125 mL) freshly
grated Parmesan cheese**

**2 Tbsp. (30 mL)
chopped parsley**

**1/2 cup (125 mL)
whipping cream**

Scallops:

2 Tbsp. (30 mL) olive oil

**16 large (3/4 lb. (340 g))
Nova Scotia scallops
(large shrimp are an
excellent substitute)**

**salt and freshly ground
pepper to taste**

**freshly grated
Parmesan cheese**

Cook orzo according to package directions and set aside.

In large heavy pot, heat oil and sauté mushrooms, onion, sun-dried tomatoes and red pepper until soft.

Add stock and bring to a boil.

Stir in orzo, Parmesan and parsley. Add cream and simmer gently, stirring frequently, until mixture is creamy but not runny, about 20 minutes.

Heat oil in very hot pan. Season scallops with salt and pepper and sear until brown on outside but just opaque in the middle.

Sprinkle Parmesan over risotto and top with scallops.

Awesome with asparagus! An elegant dinner for 4.