

Scallop Salad with Grapefruit and Romaine Hearts

Serves 4

Dressing

- $\frac{1}{4}$ cup freshly squeezed ruby red grapefruit juice
- 1 tablespoon minced shallots
- 1 teaspoon minced garlic
- 1 teaspoon honey
- 1 teaspoon champagne vinegar
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon coarsely ground black pepper

Scallop Salad

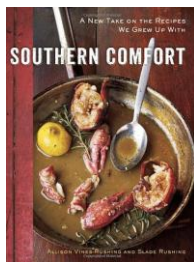
- 1 tablespoon extra-virgin olive oil
- 12 medium sea scallops, preferably dry-packed
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 2 large romaine hearts, cut into thin ribbons
- 1 ruby red grapefruit, peeled and segmented
- 2 tablespoons toasted sunflower seeds, for garnish

To make the dressing, in a small bowl, whisk together the grapefruit juice, shallots, garlic, honey, vinegar, olive oil, salt, and pepper. Chill until needed.

To prepare the scallops, heat a large sauté pan over high heat until smoking; add the olive oil. Season the scallops on both sides with salt and pepper. Decrease the heat to medium and carefully add the scallops to the pan, evenly spaced apart. Sear them on each side until a golden brown crust is formed and the scallops are slightly firm to the touch, about 2 minutes per side. Remove the scallops from the pan to a plate; reserve.

To assemble the salad, in a medium bowl, toss the romaine hearts and the grapefruit segments in the dressing.

To serve, divide the salad among four plates and top each with three scallops. Finish with a sprinkle of sunflower seeds.



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