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Cooking with the Club

with Chef Robert Larios



JUMBO SEA SCALLOPS ON BED OF PEAS

Seafood is a favorite of mine – especially sea scallops! So whenever I can share a recipe with scallops with Club Members, I am super pumped up and ready to cook.

In this recipe, I use extra virgin olive oil, but you are more than welcome to use butter. If you are unable to find jumbo scallops, using regular scallops is satisfactory as well.

To impress, make sure you place the peas on the center of the plate and then add the scallops on top. You may also make mashed potatoes or creamed spinach instead of peas as the first plate layer.

Jumbo Sea Scallops on Bed of Peas

Makes 2 Servings

INGREDIENTS:

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- 6 jumbo sea scallops
- 1/4 cup diced chives or green onions
- 1 tablespoon dill
- 1 sprig rosemary
- 1/4 cup extra virgin olive oil (or unsalted butter)
- 1 cup peas
- 2 cups water
- 2 cloves garlic – crushed and diced
- Sea salt and fresh ground pepper to taste

Cooking TIDBIT

Another alternative to peas is spinach – more specifically cream if spinach. Cream of spinach with jumbo scallops is a marriage of royalty!

DIRECTIONS:



1 Begin with a pot. Pour water into it and let boil. Then add the peas and let cook for approximately 8 minutes.



2 In a sauté pan, add the extra virgin olive oil, the sea scallops, salt and pepper, rosemary, garlic and dill. Let cook until brown on each side of the scallops.



3 Taste the peas to make sure they are the texture you like and then remove from boiling water with a strainer and strain in the sink. Then place on a plate. Lastly add the scallops and a sprinkle of diced chives.



4 Plate and serve!

[A Cook's Dictionary]

Rosemary:

Used since 500 B.C., rosemary is native to the Mediterranean area (where it grows wild) but is now cultivated throughout Europe and the United States. Early on, this mint-family member was used to cure ailments of the nervous system. Rosemary's silver-green, needle-shaped leaves are highly aromatic, and their flavor hints of both lemon and pine. Rosemary can be used as a seasoning in a variety of dishes, including fruit salads, soups, vegetables, meat (particularly lamb), fish and egg dishes, stuffings and dressings.

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Fun Food Quote:

"A hot dog at the ball park is better than steak at the Ritz."

– Humphrey Bogart

