

SCALLOPS

So since I started getting into fish, I have been eying the scallops at the fish counter. Never really got around to trying them out, but recently I realized that I have gone through all the usual suspects, so I said, "What the heck?" I wasn't really sure what to expect, but it turned out pretty good!

INGREDIENTS

Qty.	Unit	Items
1	lb	Scallops
AR	-----	EVO
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Garlic Powder
2	TSP	Lemon Juice

The scallops... I would have liked bigger ones, something I could wrap bacon around, but no matter where you go... there you are. I really miss living in an area where there are still honest to God seafood stores

SPECIAL TOOLS

- Vacuum Sealer [i]
- Vacuum Seal Bags [ii]
- Sous Vide Machine [iii]

PREPARATION

- 1) Check Sous Vide machine water.
 - a. Add / replace water as required
- 2) Heat the Sous Vide machine to 140 deg. F
- 3) Make (2) 3-line vac seal bag for each filet
 - a. Create two seals, each one double sealed
- 4) Unwrap the scallops and pat dry with paper towels
- 5) Split the scallops over two plates
- 6) Drizzle you EVO of choice over the scallops
- 7) Sprinkle kosher salt, fresh ground black pepper, and garlic powder over the scallops
- 8) Stir around the scallops with your hands so that the scallops get evenly coated with the salt, pepper, and garlic powder
- 9) Add 1 TSP lemon juice to each bag
- 10) Put scallops in the vac seal bags, trying to get maximum separation between each scallop
- 11) Vac seal the scallops, but stop the vacuum cycle before the scallops get "squished"

- 12) Apply double seal
- 13) Create a second seal just above the first one and double seal
- 14) Stick vac sealed scallops in the fridge until the Sous Vide machine reaches temperature
- 15) Sous Vide for 40 – 60 minutes [iv]
- 16) About 10 minutes out, start heating your cast iron pan on HI
- 17) Add enough oil to coat the bottom of the pan
- 18) Pull one bag of scallops from the Sous Vide. If you are not going to eat all of the scallops, put one bag in the fridge
- 19) Pat the scallops dry
- 20) If the scallops are large enough
 - a. Add to the pan one at a time
 - b. After you add the last scallop, go back to the first and flip
 - c. Flip the rest of the scallops in the sequence you added them to the pan
 - d. Repeat until you get a nice golden brown on the scallops
- 21) If they are not large enough
 - a. Add the scallops to the pan
 - b. Flip with a spatula frequently until you get a nice golden brown on the scallops
- 22) Plate with your sides of choice
- 23) ENJOY!!!

NOTES

- i. I use the Food Saver, but I do have a vac chamber sealer that I need to break out one of these days
- ii. Food Saver requires the special bags, but the vac chamber does not
- iii. I have the Sous Vide Supreme, but there are a lot of options out there
- iv. Sous Vide is generally pretty forgiving if you go long on cook times, but fish for some reason is not quite as forgiving. I've gone long before and the fish was still TASTY!

PICTURES

No pictures yet!