




## Scallops with Preserved Lemon Dressing



Lauren Furey cooks with her mentor, Chef Carlo DeMarco.  
Watch the episode on [sctv.org/food](https://www.sctv.org/food).


### PRESERVED LEMON DRESSING

 Makes ½ cup of dressing

- 1 full preserved lemon rind, rinsed and chopped with seeds and internal flesh discarded
- 1 clove garlic, chopped
- Juice and zest of one lemon
- 1 1/2 teaspoons honey
- 1 1/2 teaspoons Dijon
- 1/2 cup olive oil
- Kosher salt, to taste
- Cracked black pepper, to taste

Combine preserved lemon rind, garlic, lemon juice, lemon zest, honey, Dijon, olive oil, salt and pepper in a blender.

### SCALLOPS

 Serves two (2)

#### INGREDIENTS

- 1 tablespoon neutral oil, such as vegetable oil
- 6 scallops, muscle removed and patted dry on all sides
- 2 tablespoons roughly chopped hazelnuts, optional
- 6 oz greens, such as watercress, baby spinach or arugula
- Pretty vegetables to garnish, such as thinly sliced radishes, microgreens

#### DIRECTIONS

- **Line a plate** with a layer of paper towels. Set aside.
- **Heat pan** over high heat until it starts smoking a little.
- **Add scallops** and cook for 40-60 seconds on each side, until golden brown.
- **Using a spatula**, move the scallop onto the towel-lined plate.
- **Turn off the heat**, and the pan will still be hot.
- **Add the hazelnuts** and cook until fragrant and toasty, a few minutes. Remove and set aside.
- **Add the greens** and cook until just wilted.
- **Add 1 tablespoon dressing** into the warm pan and toss with the greens.
- **Plate greens** with the scallops and hazelnuts. Garnish as much as you would like.