



As featured, LIVE, on the TODAY show
with
Chef Marti!



*Grilled Scallops in Pineapple
Coconut Chicken Thai Lacquer &
Broiled Garlic-Buttered, Fresh
Shrimp with a Chili & Lime
Cilantro Polenta Spire*

*Served in with Strawberry-Banana Coulis &
Trinidad Scotch Bonnet - Mango Sauce*



LOW CARB, LOW FAT, PURE FRUIT, PURE JUICES

YIELD: FOUR SERVINGS – BY CHEF MARTI MONGIELLO © 2004

- A blender, 2 skillet, a broiler, knife and cutting board are needed.
 - 1 lb of fresh strawberries, leaves cut off.
 - 1 quart of orange juice, either fresh squeezed or in a jug of high quality OJ bought at the store. Will be used to make sauces.
 - 3 bananas, peeled and those little strings pulled off.
 - 2 mature, ripe mangoes, peeled.
 - 4 teaspoons of Fibersure.
 - 1 bottle of Trinidad Scotch Bonnet Caribbean Pepper sauce – we like the one from the Tropical Pepper Company but any will do.
 - ½ cup of strong chicken broth made fresh (reduction for expert Chefs) or made from a high quality chicken broth mix (bullion crystals, cubes, paste – it's up to you how you make it). At home folks feel it's easier to do it with bullion or broth.
 - ¼ pound of real butter or substitute-imitation butter.
 - 3 fresh-chopped garlic cloves or use pre-chopped in the glass jar.
 - 16 jumbo shrimp, peeled down to leave the tail on.
 - 16 jumbo, diver scallops.
 - Decorative lettuce leaves (a few) commonly found in Gourmet Greens or Baby Mesclun bags at the grocery store. Sometimes they come in plastic boxes. Choose a few nice decorations like endive, oak leaf, mizuna, tat soi, arugula or whatever. It doesn't have to look like ours. Add in your own beauty and likings. ☺
 - Polenta made fresh and solidified with zest of lime and diced chili's or purchase it pre-made in a tube at the grocery store. Look in the starch isle or fresh vegetables isle. Most at-home-cooks enjoy simply buying a tube at the grocery instead of making it fresh. That's okay to do, keep it simple!
 - 1 small package of Japanese soba noodles.
 - 3 cups olive oil or pepperoncini oil (your choice due to the cost).
 - 1 bottle Lawry's seasoning or your own desired seasoning shaker.
1. Prepare the Strawberry-Banana Coulis by blending 1 lb of strawberries with 1 ½ cup of fresh squeezed orange juice and 3 bananas. Reserve for pools later.
 2. Prepare the Scotch Bonnet Mango Sauce by blending 2 mature, peeled mangos with 3 ½ teaspoons of Tropical Pepper Company Trinidad Scotch Bonnet Caribbean Pepper Sauce, 4 teaspoons of Fibersure and 1 cup of orange juice. Reserve for pools later.
 3. Ensure these two sauces have near identical consistency. You will be making pools with a spoon and one should not be overly thick when compared to the other. You can always add more or less of OJ to thin one or the other out. You can do it, don't be afraid! We are right here with you.
 4. Prepare the Pineapple Coconut Chicken Thai Lacquer by blending 6 tablespoons of hot, strong chicken broth (reduced for flavor intensity over several hours) with 2 cups of Cream of Coconut (Coco Lopez brand is best) with 3 tablespoons of Polaner Pineapple All Fruit Spread. Better blending can be achieved by ensuring the last two ingredients are at room temperature and have NOT been refrigerated. Varyate chicken broth more or less for desired liking.

5. Prepare 16 jumbo shrimp by removing the shell all the way down to leaving the tail on. Butterfly only the first 1 inch of the fat end (that will help them sit up straight later on). Drench them in 6 tablespoons of melted butter and 2 tablespoons of chopped garlic. Kick around and make sure they are coated generously on a sheet pan. Assemble standing up, with tails in the air, on the sheet pan. Get ready to broil until done at 350. BUT do not put into the oven until step five is ready to go. Step five prepares the scallops in a skillet and the shrimp and scallops need to be cooked at the same time to make sure the entire dish comes out hot.
6. Get the scallops ready by marking them on a red hot grill. Remember to gently dip or brush them with butter before marking them. Marking should be done in a criss-cross fashion. If you don't have a red hot grill outside, then try one of the special iron skillets that have the marking thingies on the bottom. You can also heat up skewer (red hot) on the stove top and make marks on the scallops if you have to. This gives home cooks three options to use to do this. Once you have the scallops marked, NOT COOKED, take them and put them into a skillet. The cooking will occur in the skillet – NOT during marking – so don't cook them all the way through and ruin them during the marking phase. Pour the Pineapple Coconut Chicken Thai Lacquer all over the scallops and leave on the stove top but don't turn it on yet.
7. In another skillet heat up the oil for frying. Once hot, not smoking, fry off the soba noodles and remove quickly with metal tongs onto a paper towel for drip drying. Sprinkle liberally with Lawry's seasoning or your own seasoning shaker while the noodles are still wet. You must be quick or get a helper to do this while those noodles are still moist with that hot oil. Ensure you are being safe when frying anything.
8. Cut the polenta into some inquisitive or three dimensional shape in the form of a tower or spire. Be creative or take a look at our example. This will be placed in the center of the dish. Ensure you don't cut it so thin that when a waiter or friend carries it to the dinner table – that it falls over from wiggling. Make it thick enough t the base so it sits firmly. Once you cut four of these – go on ahead now and put them down onto the serving plates. Make a hole in the side, down by the bottom, where you will easily be able to insert one of the fried soba noodles at the last minute.
9. ASSEMBLE the whole dish by now broiling the shrimp in the broiler and turning on the heat to the scallops in the skillet. Notice, we are cooking these at the same time so everything comes out hot. The shrimp cook up easy wile the scallops can be stirred here and there. No problem. Pretty simple to do.
10. Once these two are cooked - use a tong or fingers (careful hot!) to assemble the scallops and shrimp around the polenta as shown in the photo. It's not that hard to do. At home cooks should not be intimidated. Drop alternating pools of the two sauces as pictured. In our case, as Competition Chefs, we also used a squeeze bottle to drop a very special coconut sauce bead on top of our mango pool just to give it an even more dynamic look! But that is not necessary for you to do at home. If you want to, you can go the extra mile and take a miniature melon ball scooper to, "ball out," a baby ball of fresh coconut and just use that. Or, buy some ultra white coconut sauce or make your own. As these are highly advanced tools and sauces you may just want to skip this extra, extra final touch. Don't worry.
11. OPTIONAL REHEATING: This step is optional. During the assembly you may have lost some heat on the dish. It depends on how fast you work. So let's microwave it real quick for about 45 seconds (or more to your liking) and heat up the whole thing again.
12. Finish by putting in three decorative lettuce leaves and the fried soba noodle! Serve.