

Sautéed Scallops with Leek Fondue and Pancetta

Alliance Française de DuPage Cooking Demonstration

Saturday, August 14, 2021 at 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: 2 servings of 4 scallops each

Special cooking equipment: 2 sauté pans

Leek Fondue

Ingredients:

12 ounces cleaned leeks (about 2 large), **sliced very thin** (white part only)

2 Tablespoons olive oil

4 ounces heavy cream

1 ounce grated Parmesan cheese

Method:

To prepare the leeks, cut off the green leaves and the root ends, leaving the white part of the leeks. Split lengthwise, then rinse thoroughly to remove any bits of sand or dirt. Chop the leeks horizontally into very thin slices.

Using a large sauté pan, sauté the leeks in the olive oil on high heat until very soft, stirring occasionally (about 4-5 minutes). Add the heavy cream and cook over medium heat, stirring occasionally until creamy and reduced.

Stir in the Parmesan cheese. Remove from heat and set aside.

Sautéed Sea Scallops

Ingredients:

2 ounces thinly sliced Prosciutto OR thinly sliced Pancetta

1 Tablespoon olive oil for cooking the Prosciutto/Pancetta

8 large sea scallops - (cleaned of the chewy adductor muscle on the side of the scallop)

1 Tablespoon olive oil for sautéing the scallops

1 Tablespoon butter

Salt and pepper to taste

Method:

Slice the Prosciutto or Pancetta into thin slices. Cook in a separate large sauté pan on medium heat with 1 Tablespoon olive oil until the prosciutto/pancetta is crispy. Reserve on the side. Wipe the grease out of the pan with a clean paper towel. You will use this same pan to cook the scallops.

Remove the adductor muscle on the side of the scallops if it is present. (The adductor muscle is the small white strip on the edge of a scallop which can be very chewy.)

Dry the scallops thoroughly with a paper towel. This is a key step to creating a nicely browned scallop. Salt and pepper the scallops very lightly on one side. Place 1 Tablespoon of olive oil in the sauté pan on medium high heat. Allow the oil to get very hot. Place the scallops in the pan to cook. DO NO MOVE THEM after you place them in the pan and they begin to cook.

Cook on one side for about 3 minutes. Turn them over ONLY ONE TIME and add the Tablespoon of butter to the pan after about a minute. This will brown the butter lightly and add a layer of flavor to the finished dish. Remove the scallops when golden and set aside.

Take the prepared leek fondue and add it to the cooked scallop pan. Turn the heat to medium and cook for a few minutes to “deglaze” the pan, stirring well to pick up the tasty residual scallop “fond” (drippings).

To serve, immediately place the leek fondue on a plate and artfully arrange the scallops on top.

Top each scallop with a little of the crispy prosciutto/pancetta. Serve with a lemon wedge and a little fresh parsley for a nice color contrast.

Chef's Notes:

Any leftover leek fondue or crispy prosciutto can be used in a quiche. Please reference our previous AF DuPage quiche recipe.