

COOKING WITH CHRIS!

SEARED SCALLOPS WITH HOMEMADE CREAM CORN BEDDING



Ingredients

6 Half dollar size “dry” Scallops from **The Meat Shop**

(“dry” scallops are ones not treated with chemicals during process. Versus “wet” scallops that have been chemically treated.)

Meat Church Garlic and Herb Seasoning from **The Meat Shop**

Avocado Oil (Olive Oil can be substituted)

1 Can Sweet Corn

Greek Yogurt

Granulated Garlic

Smoked Paprika

The Meat Shop pepper sauce

Kale for garnish

Prep Time: 6 minutes

Cook Time: 5-7 minutes

Process

Purchase pack of half dollar size “dry” scallops from **The Meat Shop**

Allow to thaw

Homemade Creamed Corn

In Blender place 80% of Sweet Corn can

Add 3 generous spoon full portions of Greek Yogurt

2 generous shakes of Granulated Garlic

2 generous shakes of Smoked Paprika

Blend

Place Homemade Creamed Corn into microwavable bowl and let sit in refrigerator

Place remaining Sweet Corn Kernels in microwavable bowl

Season Scallops with shakes of Meat Church Garlic and Herb Seasoning from **The Meat Shop**

Heat Cast Iron Skillet or Cast Iron Griddle to 350

Coat Skillet or Griddle with Avocado Oil once hot

Place Scallops into skillet or on Griddle

Cook on each side until seared (2.5-3.5 min per side)

Once Flipping the Scallops, place Homemade Creamed Corn and Sweet Corn Kernels into microwave to heat to nice and warm, but not steaming hot

Plating

Ladle Homemade Creamed Corn bedding onto center of plate

Arrange Scallops from **The Meat Shop** onto plate aesthetically

Place Sweet Corn Kernels onto front of plate

Add Kale leaves to each corner of plate for color

Sparsely spoon in **The Meat Shop** Pepper Sauce on Homemade Creamed Corn Bedding and Corn Kernels for color and subtle spice

ENJOY!!!!