



Seared Scallops

with farro risotto, sweet potato purée + toasted black walnut vinaigrette

Recipe by Chef Tom Gray

Makes 4 servings

Aromatic Vegetable Stock

Ingredients

6 cups organic vegetable stock
2 bay leaves
1 sprig rosemary
1 sprig sage
2 sprigs parsley
12 black peppercorns, cracked

Procedure:

- 1) Place all ingredients into a pot. Bring to slow simmer, lid on, for 30 minutes.
- 2) Strain through a mesh sieve and separate liquid into two equal portions.

Farro Risotto

Ingredients:

2 Tbsp. canola oil
1 cup toasted farro
½ cup yellow onion, diced
¼ cup white wine (we use Chablis)
3 cups aromatic vegetable stock (half of prepared stock)
½ tsp. sea salt
¼ cup Parmesan cheese, grated
½ tsp. thyme, pickled
3 Tbsp. butter, chilled

Procedure:

- 1) In a large bowl, soak farro in water for 30 minutes.
- 2) In a medium saucepan, heat canola oil on medium-low until shimmering.
- 3) Add diced onion and cook, stirring frequently, until onion is translucent, about 2 minutes.
- 4) Add farro to the pot and continue to stir coating the farro in the oil-onion mixture, about 30 seconds.
- 5) Deglaze pot with white wine and continue to cook until wine is almost completely evaporated, about a minute.
- 6) Add the aromatic vegetable stock and sea salt and herb sachet, cover and reduce heat to low. Cook for 30 minutes, stirring occasionally, until farro is tender.
- 7) Add parmesan, thyme and butter and stir until combined and creamy. If the mixture is too thick, add more stock as needed.

Sweet Potato Purée

Ingredients:

1 lb. sweet potatoes, peeled and diced
3 cups aromatic vegetable stock
1 cinnamon stick
2 garlic cloves, smashed
1 Tbsp. freshly-squeezed lemon juice
3 Tbsp. butter, chilled

Procedure:

- 1) Place sweet potatoes, stock, cinnamon stick and garlic cloves into a sauce pot over medium-low heat and simmer until potatoes are very tender.
- 2) Remove cinnamon stick and discard. Transfer remaining contents of pot and lemon juice into a blender or food processor and blitz until smooth.
- 3) While blending, add the butter to the purée to emulsify.

Toasted Black Walnut Vinaigrette

Ingredients:

1 cup black walnuts, roughly chopped
¼ cup olive oil
¼ cup Champagne vinegar
1 Tbsp. Dijon mustard
1 shallot, peeled and finely diced
1 Tbsp. parsley, finely chopped

Procedure:

- 1) Set the broiler to high. Toast nuts on a rimmed baking sheet until golden brown. Set aside.
- 2) Heat olive oil in a medium saucepan over medium-high heat. Once the oil is shimmering, add vinegar, mustard, shallot, parsley and toasted nuts. Stir well to combine.

Seared Scallops

Ingredients

12 scallops
canola oil

Procedure:

- 1) Heat canola oil in a skillet over high heat until shimmering.
- 2) Working in batches, place scallops in pan, do not overcrowd, and cook until golden brown, about 2 minutes per side. Flip and repeat on the other side. Remove from pan and place on another tray as you work to cook all scallops.
- 3) To plate, place one quarter prepared farro risotto and sweet potato puree on plate. Top with 3 scallops and drizzle black walnut vinaigrette over the top. Serve immediately.