

Scallops with Anchoyade

Earth Day Dinner | April 2007



Chef Hugo Matheson recommends that you find a trustworthy source for your scallops. The size of the scallops isn't as important as the freshness. Serve leftover Anchoyade as a dressing for greens, grilled meats, or poached eggs.

- 1/3 CUP LEMON JUICE**
- 1 2-OZ. CAN ANCHOVY FILLETS, DRAINED, OR 12 ANCHOVY FILLETS**
- 2 TBSP. SNIPPED FRESH ROSEMARY**
- 1/2 CUP EXTRA-VIRGIN OLIVE OIL**
- 1 LB. FRESH SCALLOPS**
- SALT AND GROUND BLACK PEPPER**
- 1 TBSP. EXTRA-VIRGIN OLIVE OIL**

For the anchoyade, in a food processor or blender combine lemon juice, anchovy fillets, and rosemary. Cover and process or blend until smooth. With the motor running, drizzle in $\frac{1}{2}$ cup extra-virgin olive oil until combined. Cover and chill until ready to serve (serve cool).

Pat the scallops dry with paper towels. Sprinkle with salt and pepper. In a large skillet sear the scallops in 1 tablespoon hot extra-virgin olive oil until opaque and a golden-brown crust forms, 1 to 2 minutes per side. Drizzle with some of the anchoyade. Reserve the remaining anchoyade for another use. Makes 4 appetizer servings.

Per serving: 267 cal., 18 g fat (3 g sat. fat), 43 mg chol., 588 mg sodium, 4 g carbo., 0 g fiber, 21 g pro.