

<http://www.yourpublicmedia.org/content/wnpr/faith-middleton-s-food-schmooze-scallops>

Faith Middleton's Food Schmooze: Scallops

By The Faith Middleton Show

Published: Jan 04, 2012

Faith Middleton's Food Schmooze: Scallops

Scallops: A New England Coastal Cookbook

Elaine Tammi and Karin A. Tammi

As one of the few cookbooks focusing solely on scallops, this collection captures the tradition, culture, and versatility of New England's most prized and valuable treasure. Scallop foodies Elaine and Karin A. Tammi, a mother/daughter team, have written a book about the scallop fishery that weaves together some of the best recipes in New England with interviews from Nantucket bay scallop fishermen, marine scientists, world-renowned chefs, shuckers, and sea scallopers. A thoroughly researched resource on all aspects of this delectable mollusk, the book also includes shellfish lore and information about keeping scallop harvesting sustainable. The authors present an exciting range of recipes, from favorite New England dishes to Mediterranean and Asian fare, including Scallop and Corn Chowder, Steamed Scallops on Spinach Leaves, and Szechuan Scallops.

Grilled Sausage and Scallops with Peppers, Lemon, Basil, and Garlic

By Chef Chris Schlesinger, East Coast Gill & Raw Bar, Cambridge, Massachusetts

Serves 4

Boiling salted water for blanching scallops

1 1/2 lbs. fresh sea scallops, trimmed, rinsed, patted dry, and left whole

4 freshly ground hot sausage links (3 to 4 oz. each)

Skewers, soaked if wooden

1 large red onion, cut into cubes

1 large red bell pepper, seeded and cut into 12 large squares

1 large green bell pepper, seeded and cut into 12 large squares

Salt and freshly cracked black pepper

4 tbsp. chopped fresh basil

2 tsp. minced garlic

3 tbsp. extra virgin olive oil

8 tbsp. lemon juice (about 2 lemons)

2 tbsp. balsamic vinegar

Large bowl

Blanch the scallops in boiling salted water for 1 minute. Drain and allow to cool. Cook the sausage in boiling water until completely cooked, approximately 5 minutes. Drain and allow to cool. Thread the scallops, sausages, and vegetables on skewers and season with salt and pepper to taste. Cook the scallop skewers over a medium fire until all the ingredients have attained some brown crusting, about 3 to 4 minutes per side. Slide the scallops, sausages, and vegetables off the skewers into a large bowl. Add the basil, garlic, oil, lemon juice, and balsamic vinegar to the bowl. Shake the bowl until everything is well mixed and serve.

(recipe courtesy of Pelican Publishing Company)