

Certi-Fresh Scallop Salad with Grapefruit and Sunflower Seeds

Yield: 4 servings

Ingredients

For the Vinaigrette:

- **2 Large ruby red grapefruits**
- **1 tbsp finely minced garlic**
- **2 tbsp extra-virgin olive oil, salt and freshly ground black pepper**
- **1 tbsp acacia honey or other mild honey (more to taste if necessary).**

Ingredients

For the Salad

- **1 to 2 tbsp olive oil**
- **12 jumbo or large dry-packed Certi-Fresh sea scallops, muscles removed**
- **2 tbsp butter**
- **8 ounces mixed baby lettuce, preferably organic**
- **½ cup toasted and salted sunflower seeds**

Instructions

- To make the vinaigrette: segment grapefruit, discarding seeds, and reserve segments in large bowl. Set aside, squeeze ¼ cup of juice from the remaining membranes into a medium bowl and set aside.
- Sweat shallots and garlic in 1 tbsp. of olive oil in a small sauté pan over translucent, 2 to 3 minutes. Season with salt and pepper and add to the grapefruit juice. Whisk in honey and remaining oil, and season the vinaigrette with salt and pepper.
- To cook the scallops: heat a large heavy skillet over high heat until smoking, 3 or 4 minutes. Add enough oil to coat the bottom of the pan and reduce the heat to medium-high. Meanwhile, pat the scallops dry and season well with salt and pepper. Add scallops to the pan cook until a crust forms on the bottom of the scallops, about 3 minutes, then add 2 tbsp of butter to the pan. Do not turn the scallops. Remove pan from heat. When the butter foams, baste the scallops with the butter until they are translucent, another 3 to 4 minutes the butter will brown but do not allow it to burn. Remove the scallops from the pan and reserve.
- Arrange 3 scallops, browned side up, on each plate. Add the greens of grapefruit segments. Season with salt and pepper and dress with 4 to 5 tbsp of the vinaigrette. Toss then add sunflower seeds and toss again. Top scallops with the salad and drizzle the plate with a touch of vinaigrette if desired.

Time: 30 minutes

