
Pan Seared Sea Scallops with Tarragon Mustard Sauce

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

1 pound Starletta organic whole wheat linguini

2 pounds dry sea scallops

2 tablespoons olive oil

2 teaspoons shallot, minced

1/2 cup Castle Rock Savignon Blanc

1 1/4 oz package fresh tarragon, chopped

1/2 cup Golden Guernsey Dairy heavy cream

1 7 oz. package President butter

4 tablespoons Maille dijon mustard

3 tablespoons parsley, chopped

Prepare the linguini by bringing 5 quarts of water to a boil in a large pot. When the water is boiling, add the pasta and stir to distribute in the water evenly. Simmer for 6 minutes. Drain but do not rinse.

Place the oil in a pan on a medium-high burner. Add scallops and carefully sauté them. Turn scallops frequently to sear all surfaces (about 5 minutes). Turn the heat down to medium and add the shallots. Let simmer for a minute or two being careful not to brown. Deglaze the pan with the white wine and let simmer until the volume is reduced by half. Add the tarragon and the cream. Let simmer until the cream thickens slightly. Add the butter one piece at a time. Wait until the piece has blended in the sauce before adding the next piece. Remove the pan from the heat and add the mustard.

To serve evenly distribute pasta on four serving plates and place equal portions of scallops and sauce over the pasta. Lightly sprinkle with chopped parsley.

Seafood Entrees