

## Seared Scallops with Shaved Fennel, Cucumber, and Grapefruit

From Martha Stewart

Makes: 2 servings

Time: 20 minutes

*1 Ruby Red grapefruit*  
*1-tablespoon extra-virgin olive oil*  
*¼ pound large sea scallops*  
*½ teaspoon coarse salt*  
*Fresh ground pepper*  
*3 ounces English cucumber, thinly shaved crosswise on a mandolin (¾ cup)*  
*1-tablespoon fresh lemon juice*  
*1 tablespoon chopped fresh chives (HdeH or the fennel green leaves from the fennel)*  
*1 teaspoon finely chopped fresh tarragon leaves*  
*½ large fennel bulb (5 ½ ounces), cut in half (root end trimmed but left intact to keep fennel together (use half HdeH)*  
*1 cup rice (HdeH)*



1. Finely grate enough grapefruit rind to yield ½ teaspoon zest. Peel grapefruit with a paring knife, removing all pith. Working over a bowl, cut three-quarters of the grapefruit segments from the membrane, cut into bite-size pieces, and set aside. Squeeze juice of remaining grapefruit segments into bowl (you should have 1/3 cup juice).
2. Cook rice accordingly (20 minutes HdeH)
3. Heat 1 teaspoon oil in a nonstick sauté pan over medium-high heat. Pat scallops dry, sprinkle with ¼ teaspoon salt, and season with pepper. Sauté scallops until deep golden brown, about 3 minutes. Flip, and continue to cook until barely opaque all the way through, about 2 minutes more.
4. Divide scallops between 2 plates, and loosely tent with foil. Reduce heat to low and add grapefruit juice. Cook, stirring and scraping up brown bits, until reduced to 1 tablespoon, 2 to 3 minutes. Pour sauce over scallops.
5. In a medium bowl, combine cucumber, lemon juice, remaining 2 teaspoons oil, the grapefruit zest and pieces, chives, tarragon, and remaining ¼ teaspoon salt. Shave fennel into bowl, season with pepper, and toss gently to combine. Pile salad atop scallops.

NOTE: Do item 4 during 2.