

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.