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## Episode #255

### PAN SEARED SCALLOPS IN WINE SAUCE

16 med. Sea scallops (1/2 lb.)                      2 tbsp. cornstarch  
1 tbsp. canola oil

Pull muscle off each scallop, discard. Pat dry, dredge with cornstarch. Heat oil over med – high heat and sear scallops until opaque and crispy brown on both sides, about 4 min. Transfer to plate. Wipe out skillet.

Tarragon White Wine Sauce:

1 tbsp. butter	1 shallot minced
¼ tsp. each salt & pepper	1/3 c. dry white wine
¼ c. whipping cream	1 tbsp. ea. Chopped chives & tarragon (tsp. if using dried)

Melt butter, cook shallot, salt & pepper until softened, about 3 min. Add wine, cook, stirring until reduced by half. Add cream; cook, stirring until reduced by half, about 3 min. Stir in tarragon & chives. Add scallops to pan; heat through.

### BARLEY & BEET RISOTTO

1 c. pot barley	3 c. chicken stock
1 tbsp. olive oil	1 onion, chopped
2 cloves garlic, minced	1 tsp. dried basil
Salt & pepper	½ c. dry white wine
2 c. diced, peeled beets (or canned)	2 tbsp. lemon juice
¼ c. crumbled goat cheese	

Rinse barley in sieve under running water. Drain well and set aside. Heat stock and 1 c. water in pan or in microwave until steaming. Cover & keep hot. Melt butter in large saucepan over medium heat. Add onion and sauté for about 3 min. or until starting to soften. Add garlic, basil and ¼ tsp. each salt & pepper and sauté for 2 min. Deglaze pan with wine and cook, stirring, until liquid is almost evaporated. Stir in 2 c. of the stock mixture and the beets. Cover and reduce to medium low and boil gently, stirring occasionally for 25 min. Add more stock if necessary to keep mixture moist. Uncover and simmer about 20 min, stirring often and adding stock, a ladleful at a time as the previous addition is absorbed or until barley is tender with a slight bite. Adjust heat as necessary to keep the pot at a steady simmer. Stir in the lemon juice. Season to taste with salt and pepper and serve sprinkled with cheese.

## LIME COCONUT RUM PIE

### Crust:

1 c. graham wafer crumbs	½ c. toasted almonds, ground
3 tbsp. sugar	1/3 c. butter, melted

Preheat oven to 350. Place crumbs, almonds and sugar in bowl. Stir in melted butter and mix till well blended. Tip mixture into buttered 9" pie pan and press evenly over bottom and sides. Bake in 350 oven for 10 min. Let cool.

### Filling:

1 c. sugar	5 tbsp. cornstarch
Pinch salt	½ c. milk
4 large egg yolks	1 tbsp. butter
Finely grated zest of 2 limes	½ c. fresh lime juice
1 c. water	

Whisk together sugar, cornstarch and salt. Gradually whisk in 1 c. water and milk, whisking until cornstarch is dissolved. Cook till mixture comes to a boil. Remove from heat. Whisk egg yolks and then gradually whisk in about 1 c. of the milk mixture. Whisk milk and yolk mixture back into pan and return to heat. Simmer whisking often, 3 min. Mixture will be very thick. Remove from heat, whisk in butter. Add lime juice and zest and whisk until butter is melted. Pour mixture into a cold bowl, cover with plastic wrap, pressing directly onto the surface of the mixture and let cool slightly.

### Topping:

1 c. whipping cream	2 tbsp. dark rum
2 tbsp sugar	2 tbsp. flaked coconut, toasted
Lime for garnish	

Spread filling into pie shell, smoothing top. Cover with plastic wrap and refrigerate about 4 hrs. Pour cream into bowl and add rum and sugar. Whip cream until stiff. Spoon onto pie, swirl and garnish with toasted coconut. Garnish with lime zest.

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