

Big Ass Scallops | Blueberry Merlot Reduction

1 Pint Fresh Blueberries

1 Glass of your favorite Merlot (any other red will be ok also)

2 Tablespoons Honey

8-12 Fresh DRY, larger Scallops-NOT FROZEN WET. The solution they are frozen in to make them “look bigger” will begin to leach out and they will not sear the same and will shrink as they cook.

Approximately 2 Tablespoons cold clarified butter, ghee or olive oil-NOT Extra Virgin (vegetable oil is fine if you don't have the above, however investing in them would be advantageous)

Method:

1. Place scallops on dry paper towel, top and bottom, for about half an hour in the refrigerator
2. Combine blueberries, wine and honey in a sauce pot and bring to just about a boil, then lower the heat to low simmer, reduce the consistency of syrup, this will take some patience and time. Taste and adjust sweetness to your liking with more honey, reserve.
3. Time for the scallops, after your sauce has finished and is set aside, grab your scallops and season the top side with salt & pepper or your favorite blackening spice.
4. Heat a nonstick skillet on medium high on the higher side. Once it's hot after a couple of minutes, *then* add your cold oil to the pan. Once hot after a few seconds, add your scallops seasoned side down-that will be your presentation side. Begin to sear for about thirty seconds or so and lower the flame a little bit so as to not burn the oil-the burning oil flavor will become bitter and that flavor will be picked up by your scallops. Don't play with them or move them around-let them be until there is a beautiful golden sear. Turn them over and turn off the heat and let them sit until the pan has cooled, your scallops will be a beautiful mid rare, opaque. If you like your scallops completely dead, keep the heat on low on the flipped side for a few minutes.
5. Begin plating- place the sauce down. Pat the bottom of each scallop dry before going to the plate, you don't want any excess oil or natural juice bleeding into your sauce. Enjoy!