

124: Seafood Medley

Curry Brown Butter Scallops over Bourbon Sweet Potato Mash

Alison Vega-Knoll, Station 6

Curry Butter

1 pound unsalted butter, room temperature

2 limes

1 tablespoon curry paste

½ tablespoon kosher salt

¼ teaspoon black pepper

In a mixer, combine the room temperature butter with the zest of 1 lime and the juice of ½ of the second lime. Add the curry paste, salt and pepper and whip together. Spoon the butter mixture onto a piece of parchment paper or plastic wrap, form into a log and wrap well. Chill for 2 to 3 hours, until the compound butter hardens.

Bourbon Sweet Potato Mash

3 ounces heavy cream

2 ounces butter

1 ounce honey

1 tablespoon salt

1 ounce bourbon

½ teaspoon white pepper

2 pounds sweet potatoes, cubed and boiled

In a small saucepan over medium heat, combine the heavy cream, butter, honey, salt, bourbon and white pepper. Bring the bourbon sauce to a simmer. Place the boiled sweet potatoes in a large bowl and add small amounts of the bourbon sauce at a time, blending with a whisk, stick blender or hand mixer. Be careful to not make the mash too runny. Add only as much liquid as you need.

Seared Scallops

16 sea scallops (approximately 1 1/2 pounds)

2 tablespoons canola oil

1 cup curry butter

1 cup roughly chopped toasted cashews

Juice from 1 to 2 limes (use to taste)

Pat the scallops dry with a paper towel.

Heat the canola oil in a large sauté pan over medium-high heat. Add the scallops to the pan in a single, uncrowded layer. Cook in two batches if necessary. Sear the scallops until golden brown on the bottom, then turn and sear the other side. When the scallops have a nice golden color on both sides, remove them from pan and keep warm while making the sauce.

Discard any oil remaining in the pan. Add the curry butter to the pan and cook over medium-high heat. When brown in color, stir in the cashews. Add lime juice to taste and cook briefly. Remove from the heat.

Arrange scallops on each serving plate and top with the curry brown butter sauce. Serve with bourbon sweet mash.

Serve 4.