

Recipe

SEARED DIVER SCALLOPS, CREAMY POLENTA AND LEMON THYME BEURRE BLANC

SCALLOPS INGREDIENTS

- 4 U10 Diver scallops
- 4 tbsp oil
- Salt and pepper to taste

CREAMY POLENTA INGREDIENTS

- 1 cup stone-ground polenta
- 4½ cups water, divided
- 2 tbsp extra-virgin olive oil
- 1/2 tsp sea salt, plus more to taste

BEURRE BLANC INGREDIENTS

- 1/2 shallot, thinly sliced
- 1 bay leaf
- 4 black peppercorns
- 4 sprigs of thyme
- 1 lemon, sliced
- 1/2 cup white wine vinegar

INSTRUCTIONS

Trim the scallops and remove the side muscle. Dry them on paper towels to ensure a proper sear. Season and then place in a high-heat sauté pan with the oil. Press down gently to ensure the scallops are in contact with the pan. Sear for 3-5 minutes. Flip and sear for another 3-5 minutes. Place back on a paper towel to drain after cooking.

INSTRUCTIONS

In a blender, pulse the dry polenta until granules are smooth for a creamy texture. Then sieve the polenta to remove any remaining lumps.

In a medium pot, bring 3 cups of water to a high simmer. Slowly whisk in the polenta. Add 1 cup of water and simmer for 15 minutes, stirring frequently. If your polenta is thick, whisk in the remaining ½ cup water. The polenta should be creamy. Turn off the heat and whisk in the olive oil and sea salt. Season to taste and serve hot.

- 1/2 cup white wine
- 1/2 cup heavy cream
- 1 cup butter, cubed and chilled

INSTRUCTIONS

Place shallots, herbs and lemon in a sauce pot with wine and vinegar. Bring everything to boil and then reduce down to 1/4 of the pot. Add heavy cream and reduce by half. Turn off heat and slowly incorporate butter. Strain your sauce and serve.

WINE PAIRING

Duchman Family Winery Vermentino

Light-bodied white with notes of lime zest, lemon, pineapple and yellow apple



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CREDIT: CHEF ANTONIO RUIZ, DUCHMAN FAMILY WINERY



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