



Summer Squash Linguine with Scallops in a White Wine Sauce 4 servings

- 3 zucchini
- 3 yellow squash
- 1 large shallot, chopped fine
- 1 clove garlic, minced
- 2 Tbsp basil, chiffonade
- 1 tomato, seeded and diced small
- 1 Tbsp Lemon juice
- 1/2 cup dry white wine
- 1/2 cup Parmigiano-Reggiano, grated fresh
- 12 dry packed sea scallops, muscle removed
- Salt and pepper
- 2 Tbsp olive oil
- 1 Tbsp unsalted butter

Using a vegetable peeler or julienne peeler, remove the outer layer of the squash and zucchini in long, thin strips. Reserve the seedy core for another use. Peels should be about 1/4-1/8 inch in width. Place in a strainer; sprinkle with 1 teaspoon of the salt and gently toss to coat. Set the strainer over a bowl and let stand for 15 minutes. Gently shake strainer to remove excess water. Pat dry to remove as much water as possible. Add the lemon juice to the squash and toss to combine.

Season the scallops with salt and pepper. Heat olive oil in medium sauté pan over high heat. Just before the oil starts to smoke, place the scallops in the pan. Sear on the first side for about 3 minutes or until nicely browned. Turn the scallops over and cook for another 1-2 minutes or until slightly firm and cooked through. Remove the scallops from the pan and keep warm. Add a little more olive oil to the pan if necessary. Add the shallots to the pan and sauté for about 4 minutes and then add the garlic and sauté another minute. Pour in the wine and heat rapidly to a simmer, scraping up all the glazed bits in the pan. Cook until the wine is reduced by half. Add the tomatoes to the pan and heat until the tomatoes are warm. Turn the heat off and swirl in the tablespoon of butter. Toss the sauce and the cheese with the squash and plate the “linguine”. Sprinkle with the fresh basil. Place the scallops on top of the squash and enjoy.



Hands-on Cooking Classes



Food & Wine Pairing



Culinary Excursions

www.aculinaryexperience.com · 203.521.8219 · sherry@aculinaryexperience.com

Check out my blog: <http://sherrysculinaryexperiences.blogspot.com/>

Become a Fan on Face Book: <http://www.facebook.com/aculinaryexperience>