

SEARED SCALLOPS WITH POMEGRANATE PORT SAUCE

Pan seared or grilled scallops are the two most popular ways of cooking and eating this tender fruit of the sea. Here we have combined it with a flavorful sauce created from the fruit of the pomegranate tree.

1/4 cup pomegranate port reduction sauce***
1 tbs aged balsamic vinegar
2 tbs soy sauce, mild
1/8 tsp freshly ground pepper
2 tsp extra virgin olive oil
pomegranate seeds (optional)
1 tsp lime juice
1 1/2 lbs sea scallops

1. Warm a non-reactive saucepan over medium heat. Combine the pomegranate reduction sauce selected, balsamic vinegar, soy sauce, and black pepper. Stir the ingredients well and bring to a low boil and cook until desired thickness is reached. Remove from the heat and set aside.
2. Rinse the scallops and pat dry. Heat the oil in a skillet over medium-high heat. Lightly season the scallops with salt and pepper and add them to the pan once the oil is heated. Sear the scallops for two minutes on each side until cooked through and lightly golden brown.
3. Place the scallops on individual plates. Whisk the lime juice into the warm pomegranate sauce and stir once or twice. Drizzle the sauce over the scallops, sprinkle with pomegranate seeds and serve.
4. Vegetables that work well are fresh baby spinach leaves either fresh with scallops on top or spinach leaves lightly stir-fried and wilted or stir-fried baby bok-choy.

***Pomegranate Port Reduction

2 cups California Port Wine
1/2 cup Stiebs Pomegranate Concentrate
1 tbs butter

Add the butter and wine to a saucepan over Medium Heat, and reduce liquid by half to roughly 1 cup. Add pomegranate concentrate and allow to heat through, serve over scallops on any other meat.

Chef Mike Midgley was a contestant on Season 2 of Bravo's "Top Chef" and is the talented & hysterically funny owner of Midgley Catering in Stockton CA.