

SAN DIEGO HOME/GARDEN LIFESTYLES

Diver Maine Scallops with Kale-Parsley Risotto and Tomato Confit



At Bellamy's in Escondido, French Master Chef Patrick Ponsaty offers California modern cuisine with French influences. With the help of his diver Maine scallops recipe served with a kale-parsley risotto and topped with tomato confit, you can cook like a French chef in your own home.

Diver Maine Scallops with Kale-Parsley Risotto and Tomato Confit

Serves 2

Scallops

6-8 scallops, U-10

Salt and pepper to taste

2 t. lemon juice

Season scallops with salt and pepper. Sear scallops on each side until golden brown. Finish with lemon juice.

Kale-Parsley Risotto

6 T. onion, diced

1 T. oil

4 t. garlic, minced

1/2 c. Arborio rice

2 oz. white wine

2 c. chicken stock

2 T. butter

Parsley cream (recipe follows)

2 T. Parmesan, grated

1 T. extra virgin olive oil

Salt and pepper to taste

In a pan, sauté the onion in oil until translucent.

Add garlic and then the rice. Stir to evenly coat the rice. Add wine and continue to stir. Add chicken stock, constantly stirring for 12 minutes. Add butter, parsley cream and Parmesan. Finish with oil, and salt and pepper to taste.

Parsley Cream

2 bunches parsley, tops only

6 ramps (wild leek)

6 oz. cream

Blanch the parsley tops and ramps in boiling, salted water.

Cool in an ice bath and strain well. Reserve the ramps for plating.

In a nonreactive pan, bring the cream to a boil.

Place the cream and blanched parsley tops in a blender and blend on high for one minute. Cool rapidly.

Tomato Confit

2 tomatoes, cored and scored on the bottom

Salt and pepper to taste

Blanch tomatoes in a large pot of salted, boiling water.

Cool in an ice bath. Once cooled, remove the skins and cut each tomato in half. Remove the seeds and coat with extra virgin olive oil.

Season with salt and pepper and cook in a 170-degree oven for 4 hours.

To plate

Serve the scallops over the risotto. Top with the confit and reheated ramps.

Master Chef Patrick Ponsaty

Bellamy's

417 W. Grand Ave.

Escondido, CA 92025

bellamysdining.com