

SEARED SCALLOPS w. MANCHEGO CHEESE GRITS

Serves: 10



Manchego Cheese Grits

Ingredients:

2 cups stone-ground Grits (or Polenta for smoother texture)
8 cups whole Milk (or 4 cups Milk + 4 cups Water)
1 Bay Leaf
Salt to taste
4 tbsp unsalted Butter
2 cups finely grated Manchego Cheese (aged preferred)

Instructions:

In a saucepan, bring milk and bay leaf to a simmer over medium heat.
Add a generous pinch of salt.
Slowly whisk in the grits to prevent clumping.
Reduce heat to low and cook, stirring frequently, for 25–35 min, until thick & creamy.
Remove the bay leaf.
Stir in butter and Manchego until fully melted and creamy.
Adjust seasoning with salt and pepper.
Keep warm.

Seared Scallops

Ingredients:

20 large Sea Scallops, dry-packed
Salt & Pepper
8 tbsp unsalted Butter
Optional: 1 clove Garlic (crushed), Thyme sprig for basting

Instructions:

Pat scallops dry with paper towels and season both sides with salt and pepper.
Heat a cast iron or stainless steel skillet over high heat and add butter.
Once foaming, add scallops.
Sear without moving for 3 min until golden crust forms.
Want to cook 2/3 of the way on the first side.
Flip, add butter (and garlic/thyme if using), and baste for 30–60 seconds.
Remove immediately.
Do not overcook—center should remain translucent.