

# SCALLOPS with CHORIZO RAGU

Serves 4 to 6.

By Dennis W. Viau; modified from a recipe published in a restaurant trade journal.

Good fresh scallops are expensive, but they are delicious. The chorizo ragu is spicy and hot. The sauce is so delicious I can envision it being used in many dishes. I made an herb polenta for this dish, from the same magazine.



## **Ingredients:**

### ***For the Ragu:***

6 ounces (170g) chorizo, either beef or pork  
½ large yellow or red onion; diced  
1 stalk celery; diced  
¼ cup (60ml) bourbon  
¼ cup (60ml) dry sherry  
1 garlic clove; minced  
1 cup (240ml) chicken stock  
¼ cup (60ml) marinara tomato sauce

### ***For the Polenta:***

2 cups (475ml) chicken stock  
½ teaspoon mixed herbs such as Herbs de Provence  
½ cup (75g) corn meal, either yellow or white  
Salt and pepper to taste

### ***For the Scallops:***

1 pound (454g) fresh sea scallops, preferable “dry packed” (Costco frozen scallops are good.)  
Salt and pepper to season  
1 tablespoon oil (peanut oil, corn oil, or safflower oil)  
1 tablespoon clarified butter

## **Directions:**

To make the ragu: Remove the chorizo from its plastic casing. Heat a medium saucepan over medium-high flame and sauté the chorizo 2 minutes. Add the diced onion, celery, garlic, and pepper. Cook about 3 minutes. Add bourbon and sherry. Reduce until most of the liquid has evaporated. Add the chicken stock and reduce to about ½ its volume. Add the marinara and cook about 3 minutes. Adjust for salt, cover, and set aside.

To make the polenta: Heat the stock in a large saucepan until boiling and then stir in the corn meal and the herbs. Reduce heat to medium-low and cook 10 to 15 minutes to desired consistency. Adjust for salt and pepper. Cover and set aside.

To sear scallops: Dry the scallops with paper towels and season lightly with salt and pepper. Heat a large and heavy skillet over high flame. Add the oil and butter and heat just until you see the oil begin to smoke. The oil should be very hot. Carefully place the scallops, flat sides down, in the oil and do not move for at least 2 minutes. Check for browning. They should lightly brown. Turn the scallops over and sear the other side. Then reduce the heat to medium-low and cook until barely cooked through. Do not overcook the scallops or they will become rubbery.

Spoon polenta onto plates. Add 2 or 3 scallops on top and then garnish with chorizo ragu. Serve hot.

The step-by-step photos were removed. See the video for the preparation.