

# Grilled and Chilled Cape Cod Scallop Salad with Asparagus and Pink Grapefruit

Most people are more apt to have scallops hot. However scallops being from a colder climate are very well suited to being served cold, which brings out the inherent sweetness of the scallop itself.

## Ingredients:

8 large Scallops  
20 Green asparagus spears  
2 Pink grapefruits, segmented and juice reserved  
2 tbl Red wine vinegar  
2 tbl finely diced red onion  
4 tbl extra virgin olive oil  
½ tsp salt  
4 spins Fresh cracked black pepper  
2 cups Romaine lettuce (see note)  
2 cups Mesclun mix lettuce  
14 grape or heirloom cherry tomato  
1 sprig basil fresh torn small

## Scallop seasoning

1 tsp garlic powder  
1 tsp salt

## Directions:

1. On a large plate put down 4 paper towels
2. Place scallops onto the towels and flip back and forth until they are dry.
3. Mix together your scallop seasoning and place over to the side.
4. Remove the towel and on the left half of the plate sprinkle half of the seasoning.
5. Put the scallops on the right side of the plate and sprinkle your remaining half of the seasoning on top of the scallops, once done lift the scallops and flip the scallops to the left already seasoned half of the plate.
6. Heat grill to a med-high heat.
7. Season grill with oil to prevent scallops from sticking
8. Place the scallops on the grill and cook for 45 seconds and then lift with your tongs pointing at a 10 o'clock position and place on grill at a 2 o'clock position, cook for 45 second and flip then repeat.
9. Once cooked, check internal temperature with a probe thermometer to at least 145 F
10. Cool in refrigerator immediately, lightly covered

## Asparagus

1. Take the asparagus in your hands with the top 1/2 in your left and the base in your right and snap with your right hand only. (Asparagus will snap where it is the softest)

2. Take the top you have and cut on a bias 2 inch long and reserve

#### Romaine Lettuce

1. Take the Romaine and cut into half-length wise and let soak in water for 5 minutes, agitate to remove dirt.
2. Remove from water and place cut half's on paper towel until dry in refrigerator (about 15 minutes)
3. Remove from refrigerator and cut lettuce into 1.5 inches slices.
4. Place into bowl in refrigerator.

#### Vinaigrette

1. In a blender combine reserved grapefruit juice, half of the grapefruit segments, vinegar, onion, and olive oil and blend to a creamy texture
2. Add salt and pepper and blend for 10 seconds longer.

#### Assembly

1. In a large bowl place the Romaine, Mesclun, basil and asparagus in the bowl and drizzle dressing.
2. Toss lightly not crushing or breaking the vegetables (if you've lightly tossed the leaves the asparagus will fall to the bottom)
3. On your plates gently place the lettuce leaves in the center and then remove the asparagus from the bowl and gingerly let fall around the inside of the plates.
4. Place tomatoes into the dressing bowl, and toss lightly, then sprinkle tomato around plates.
5. Place the scallops into the dressing bowl but don't toss, lift out and place 1 on the top of the salad and the other slightly askew.
6. Last is the grapefruit segments, place these where you need some color and pizzazz, don't dress them. Just let them shine.

*Makes 6 servings*