



SCALLOP RISOTTO

Category: Scallops

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Scallop Risotto

Scallop Risotto is a luxurious and comforting dish that brings together the delicate sweetness of scallops with the creamy texture of a well-cooked risotto.

Risotto, an Italian rice dish, is traditionally made with Arborio rice, which is stirred slowly while being gradually moistened with broth.

The rice becomes wonderfully creamy, absorbing all the flavors of the broth and ingredients, and in this version, the addition of seared scallops takes it to a whole new level. This dish is perfect for a special occasion or a cozy, elegant dinner that is sure to impress.

Ingredients:

For the Risotto:

1 1/2 cups Arborio rice

4 cups chicken or seafood broth, kept warm

1 tbsp olive oil

1 small onion, finely chopped

2 cloves garlic, minced

1/2 cup dry white wine (optional)

1/2 cup freshly grated Parmesan cheese

2 tbsp unsalted butter

Salt and pepper, to taste

Fresh parsley, chopped (for garnish)

For the Scallops:

12 large sea scallops, cleaned and patted dry

1 tbsp olive oil

Salt and pepper, to taste

1 tbsp unsalted butter

1 tbsp fresh lemon juice

How to Make:

Prepare the Broth: In a medium saucepan, heat the chicken or seafood broth over low heat to keep it warm during the cooking process. This will help maintain the consistency of the risotto as you add the broth gradually.

Cook the Risotto: In a large, heavy-bottomed pan or Dutch oven, heat 1 tablespoon of olive oil over medium heat. Add the chopped onion and cook for about 5 minutes, until it becomes soft and translucent. Add the garlic and cook for an additional minute, stirring constantly to avoid burning the garlic.

Stir in the Arborio rice and cook for 1-2 minutes, allowing the rice to lightly toast and absorb the flavors. If using white wine, pour it in now and stir until the wine has mostly evaporated, about 2 minutes.

Begin adding the warm broth, one ladleful at a time, to the rice mixture, stirring constantly. Allow the rice to absorb the liquid before adding more. Continue adding the broth gradually, stirring frequently, until the rice is tender and creamy, which should take about 18-20 minutes. You may not need all the broth, so taste the rice near the end to ensure it's cooked to your desired consistency.

Finish the Risotto: Once the rice is cooked and creamy, stir in the Parmesan cheese and butter. Season with salt and pepper to

taste. Remove the pan from the heat and set it aside while you prepare the scallops.

Cook the Scallops: Pat the scallops dry with paper towels to remove any excess moisture. This ensures they sear properly. Season both sides with salt and pepper.

Heat 1 tablespoon of olive oil and 1 tablespoon of butter in a large skillet over medium-high heat. Once the oil is hot and shimmering, add the scallops to the pan in a single layer, making sure they are not overcrowded. Sear the scallops for 2-3 minutes on each side, or until they develop a golden-brown crust and become opaque in the center. Remove the scallops from the skillet and set them aside.

Squeeze fresh lemon juice over the cooked scallops for added brightness and flavor.

Assemble the Dish: To serve, spoon a generous portion of the creamy risotto onto each plate. Arrange 3-4 seared scallops on top of the risotto and garnish with fresh chopped parsley. Serve immediately, and enjoy!

Chef's Note:

For the best texture, it's important to cook the risotto slowly and patiently, adding the broth in increments and stirring constantly.

This allows the rice to release its natural starches, resulting in a creamy, luscious dish.

Scallops are delicate and cook quickly, so it's important not to overcook them. The key is to sear them just until golden on both sides while maintaining their tender, juicy interior. For an extra layer of flavor, you can add a splash of white wine to the pan after searing the scallops, deglazing the skillet and incorporating the flavorful bits left in the pan into the sauce.

You can also customize the risotto by adding peas, asparagus, or other vegetables to make it even more vibrant. Alternatively, switch out the Parmesan for other cheeses like Pecorino Romano for a sharper taste.

Nutrition Information (per serving, 4 servings total):

Calories: 400

Protein: 22g

Carbohydrates: 35g

Fat: 20g

Saturated Fat: 8g

Cholesterol: 105mg

Sodium: 680mg

Fiber: 1g

Sugars: 2g

Scallop Risotto is the perfect dish to showcase the elegance of seafood while offering the comfort of a creamy, rich risotto. The combination of sweet, seared scallops with the velvety risotto creates a meal that's satisfying and full of depth. Whether you're preparing it for a special occasion or a dinner at home, this dish is sure to be a crowd-pleaser!