

# JERKED SEA SCALLOPS

Savory Sea Scallops tossed in a fresh Jamaican Jerk Rub paired with pickled mango and cabbage slaw over a bed off flavorful caribbean confetti rice.



## JAMAICAN JERK SEA SCALLOPS

INGREDIENTS

- |                            |                         |                               |
|----------------------------|-------------------------|-------------------------------|
| 4 scotch bonnet peppers    | 3 garlic cloves, minced | 1 tsp. cinnamon               |
| 1 small yellow onion diced | 3 sprigs thyme          | 1 tsp. fresh diced gingerroot |
| ½ c. brown sugar           | 1 tsp. ground nutmeg    | Six 10/20 sea scallops        |
| 4 green onions             | 1 tsp. black pepper     | ½ oz. Jamaican Jerk rub       |
|                            | 1 tsp. kosher salt      |                               |

INSTRUCTIONS

1. Place all ingredients except scallops into a blender and blend until completely combined to create Jerk Rub. Set aside.
2. Pat scallops dry with a towel
3. Lightly coat scallops with Jerk rub and Sear in very hot saute pan. Cook on first side for 2 minutes and turn and cook other side for 1 minute then remove from heat.
4. In a separate pan heat 3oz Caribbean rice. Arrange rice on plate place scallops on bed of rice

## PICKLED MANGO & CABBAGE

INGREDIENTS

- |                               |                           |                             |
|-------------------------------|---------------------------|-----------------------------|
| 1 large mango (firm not soft) | 1 orange (zest and juice) | ½ c. apple cider vinegar    |
| 2 c. shredded cabbage         | 1 lime                    | 1 & ½ c. water              |
| ½ c. chopped cilantro         | ½ tsp. salt               | ¼ c. sugar                  |
|                               |                           | ¼ c. julienned yellow onion |

INSTRUCTIONS

1. Combine all ingredients except water in vinegar.
2. In a sauce pot combine vinegar, sugar, and water and bring to a boil. Once pot boils remove from heat and let cool. Once cooled pour over the remaining ingredients and seal with a lid. Refrigerate for 24-48 hours.

## KEY LIME CILANTRO AIOLI

INGREDIENTS

- |                        |                              |
|------------------------|------------------------------|
| 2 egg yolks            | zest of 1 lime               |
| 1 garlic clove, minced | ¼ tsp. kosher salt           |
| 2 tsp. Dijon mustard   | 1 & 1/3 c. blended olive oil |

INSTRUCTIONS

1. Place all ingredients except oil in a food processor and mix together.
2. Slowly start pouring in oil, when all ingredients begin to emulsify. Once the aioli looks creamy pour in oil slightly faster. Once oil has been fully incorporated taste and adjust seasoning.
3. Refrigerate until needed.

## CARIBBEAN CONFETTI RICE

INGREDIENTS

- |                                 |                        |   |
|---------------------------------|------------------------|---|
| 2 c. long grain rice            | 1 & ½ tsp. kosher salt | 1 & ½ c. diced bell pepper (red & yellow) |
| 14 oz. unsweetened coconut milk | ½ tsp. ground allspice | ½ c. diced red onion                      |
| 14 oz. water or chicken stock   | ¼ tsp. cayenne pepper  | 8 oz. diced pineapple                     |

INSTRUCTIONS

1. In medium sauce pot combine rice, coconut milk, allspice, cayenne pepper, pineapple juice, and 14oz water. Bring to a boil, stir rice, and reduce heat and cover. Allow rice to cook for 15-20 mins until all liquid is absorbed. Once rice is cooked remove from heat.
2. While rice is cooking, in a separate skillet melt butter and saute peppers and onions for 2-3 minutes until tender. Remove from heat and add diced pineapples and scotch bonnet. Combine with the cooked rice and serve warm with jerked scallops.

