

# Seared Sea Scallops

with PARSNIPS TWO WAYS

by Derick Kuntz, Chef de Cuisine | B Cellars Vineyards and Winery

## Ingredients



### SCALLOPS

12 sea scallops  
2 tablespoon extra virgin olive oil  
1 tablespoon [B Cellars Blend 7](#)

### VINAIGRETTE

1 small navel orange  
1 lemon  
1 lime  
1 vanilla bean, halved lengthwise  
1 teaspoon sea salt  
1 tablespoon honey  
1/4 cup apple cider vinegar  
1 cup extra virgin olive oil  
1 cup canola oil

### VEGETABLES

6 small Chioggia beets, greens removed  
1/2 cup sugar  
1/2 cup white wine vinegar  
1/2 cup water  
2 parsnips, about 3/4 lb, peeled  
Canola oil for frying  
2 small navel oranges, supremed  
2 tablespoons extra virgin olive oil  
3 small heads of frisée, pale inner hearts only  
1/2 cup hazelnuts, toasted at 350° for about 5 minutes, chop coarsely

## Pairing Insights



Chef Derick recommends this dish with B Cellars Star Vineyard Chardonnay. Buttery scallops and hazelnuts are classic with Chardonnay and weaving citrus into this dish compliments the bright acid in this wine.

## Instructions



### VINAIGRETTE

With a rasp grater, remove the zest from the orange, lemon, and lime  
Cut the citrus in half, squeeze the juice, then strain  
Combine juices and zests in a blender with the seeds scraped from the vanilla bean, salt, honey and apple cider vinegar  
Blend briefly  
While the blender is running add the oils slowly  
Taste for salt





## *Instructions*

### **PICKLING BEETS**

Place the beets in a saucepot with lightly salted water to cover  
Bring to a simmer over medium heat  
Adjust the heat to maintain a simmer and cook uncovered until  
the beets can be pierced easily, about 30 minutes.

Drain the beets

When cool enough to handle, peel the beets and put them in a  
small, heatproof bowl

In a small saucepan, combine the sugar, wine vinegar, and water  
Bring to a simmer over medium-high heat, swirling the pan to  
dissolve the sugar

When the sugar has dissolved, remove from the heat and pour  
over the beets

Cool to room temperature, then cover and refrigerate for 24  
hours

### **PARSNIPS**

With a vegetable peeler, shave the parsnips lengthwise into  
ribbons, stop when you have used about half of each parsnip  
Cut the remaining parsnips into 3/4in pieces and put them in a  
saucepan with lightly salted water to cover

Bring to a simmer over medium heat, then adjust the heat to  
maintain a simmer and cook until the parsnips are tender when  
pierced, about 15 minutes

Drain, reserving the cooking liquid

In the blender, puree the parsnips with enough of the reserved  
cooking liquid to make a silky puree

Season with salt

Put 3 inches of canola oil in a heavy saucepan and heat to 340°

Fry the shaved parsnip ribbons, agitating constantly, until golden

With a wire-mesh strainer, lift them out and drain on paper towel

Season with salt

### **SCALLOPS**

Season the scallops with the [Blend 7](#)

Heat 2 large skillets over medium- high heat, add olive oil

When hot, add the scallops and sear until lightly browned on  
bottom, about 1 minute

Turn and cook the other side, about 1 minute, then reduce heat  
and continue cooking until scallops are just barely cooked

### **ASSEMBLY**

Take about 1 tablespoon of parsnip puree and spread thinly  
across plate

Lightly coat frisee with vinaigrette and place in the middle

Nestle the scallops alongside frisee

Quarter the beets and scatter around the plate along with  
the supremed oranges and hazelnuts

Top with fried parsnips and serve immediately

