

Warm beet 'n scallop salad with crabapple relish

ASK FOR

Farmed scallops, preferably those raised using the off-bottom culture method

8-10 large scallops

6 organic beets

1 fresh pork sausage, such as the pork & apricot sausage from Oyama Sausage Company

RELISH

10 crabapples, cored and quartered

1 onion, minced

1 bunch mint, chopped

¼ cup apple cider vinegar

2 Tbsp organic honey

Olive oil

Serves 4

Combine the relish ingredients in a medium bowl and set aside.

Wrap the beets in foil and roast in a 350° oven for 30-40 minutes or until a knife pierces them easily. When cool enough to touch, peel the beets, cut into thin slices and arrange on a medium plate. Drizzle with olive oil.

Cook the sausage in a small frying pan over medium heat until the juices run clear when a fork is inserted. Remove from heat and let rest for 5-10 minutes. When cool enough to touch, cut into 10 slices.

Clean the scallops, removing the adductor muscle. Pat dry and season with salt. In a medium pan on high heat, add olive oil followed by the scallops, ensuring that there is plenty of space between each one. Sear the scallops 30 seconds per side and then remove from heat.

Slice each scallop in half, width-wise, and arrange the slices on top of the beets, alternating with the sausage. Top with a drizzle of olive oil and salt and pepper and serve with the crabapple relish.

This recipe is courtesy of SeaChoice ambassador Melody Fury, a Vancouver-based food blogger and the founder of Vancouver Food Tour. Visit GourmetFury.com for the original recipe and a step-by-step photo guide.



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