

Seared Scallops



INGREDIENTS

6 - Scallops
1/2 cup cooked orzo pasta
1 cup of shredded kale
2 Tbl extra virgin olive oil
1 tsp chopped garlic
3 Tbl white wine
1 tsp lemon juice
1 tsp cold butter
Salt, black pepper, and
crushed red pepper flakes

DIRECTIONS

Saute kale and chopped garlic with extra virgin olive oil. Add orzo pasta. Deglaze with white wine, lemon juice. Add butter and season to taste. Set aside to plate.

Season scallops with salt and pepper. Add extra virgin olive oil to a very hot saute pan. Turn fire off and place scallop on pan. Start high fire to sear scallops (4 minutes). Turn fire off and turn scallops to uncooked side.

Plate saute kale and orzo as a bed and place scallops on top

specialty of:
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Farfalle Alla Primavera



INGREDIENTS

6 oz al dente cooked farfalle pasta

3 Asparagus spears cut in 1" pieces

1/4 cup peas

1/4 cup roasted red bell peppers

1 Tbl chopped garlic

1 Tbl extra virgin olive oil

1/8 cup white wine

1/8 cup heavy cream

1 Tbl cold butter

1/8 cup grated parmesan cheese

Salt, pepper, and crushed red pepper flakes

DIRECTIONS

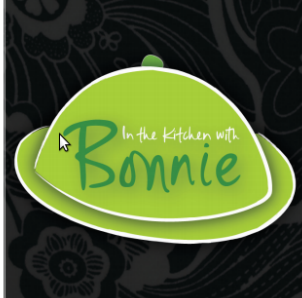
Saute asparagus and chopped garlic in a medium sized saute pan with extra virgin olive oil (3 minutes). Add peas and roasted red bell peppers and saute for 3 minutes. Season with salt, pepper, and crushed red pepper flakes to taste. Deglaze with white wine. Add heavy cream and butter. Toss pasta to cover with sauce. Add parmesan cheese and serve.

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Grilled Pork Chops



INGREDIENTS

1 - 8 oz bone-in loin pork chop
1/8 cup chopped shallots
1/4 cup golden raisen
1/4 cup pork stock
1/8 cup balsamic vinager
1 Tbl cold butter
1 Tbl extra virgin olive oil
Salt and pepper

DIRECTIONS

Season pork chop with salt and pepper. Grill pork chop to medium.

Sauce:

Saute shallots with extra virgin olive oil until translucent. Add golden raisens. Deglaze with pork stock and balsamic vinager. Reduce by half and add cold butter.

Plate with rustic mashed potatoes and pan roasted vegetables.

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