




## Pan Seared Sea Scallops with LaBelle Winery Risotto

 Jul 15, 2022



### Seyval Blanc Risotto

6 cups chicken broth  
2 tbs butter  
1 tbs olive oil  
2 shallots finely diced  
1 1/2 cups Arborio rice  
1 1/2 cups LaBelle Winery Seyval Blanc  
2 tbs parmesan cheese (or chevre if you prefer)  
Splash of heavy cream  
1/2 tsp of salt

In a saucepan, heat the chicken broth and let simmer on low heat. In another saucepan, melt 1 tbs butter and 1 tbs olive oil . Add the shallots and cook on low until translucent, just a couple of minutes. Add rice and stir to coat in butter and oil. Toast the rice over medium heat, stirring constantly, for four minutes. Add LaBelle Winery Seyval Blanc and simmer, stirring, until the liquid is almost gone. Add one cup of the chicken stock, and stir constantly until almost completely absorbed by the rice. Continue to add broth 1 cup at a time and allowing each cup to evaporate before adding the next. When complete the rice will be tender and creamy. Turn off heat and add remaining butter, cheese, heavy cream and salt and pepper to taste.

### Pan Seared Sea Scallops

12 good quality sea scallops  
1 tbs butter  
1 tbs olive oil  
2 tbs Wondra flour  
1/2 cup LaBelle Winery Seyval Blanc  
juice of 1/2 lemon  
Salt and Pepper to taste

Melt butter and olive oil in a pan at high heat and add scallops covered in flour. Don't move scallops for 4 minutes. Turn scallops when you see the flour has become a golden brown crust. Once you have seared the other side, add the Seyval Blanc and the lemon juice, and allow to reduce and evaporate. Turn off heat and salt and pepper to taste

I like to serve these two dishes with wilted spinach, seasoned with nutmeg, salt and pepper.

