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# Seared Sea Scallops Caesar Salad with Parmesan

## Grocery List:

### Caesar Dressing

- 4 tsp tarragon vinegar
- 8 tsp olive oil
- 1 tsp lemon juice
- 2 tsp dijon mustard
- 1 tsp grated parmesan
- 1 tsp salt
- ¼ tsp garlic (crushed)
- 1 egg

### Scallops

- 1 lb sea scallops
- 2 tsp Caesar dressing
- 1 tsp olive oil
- salt and pepper to taste

### Lettuce

- 2 heads romaine lettuce
- 2 tsp freshly grated parmesan
- Caesar dressing

## Preparation:

### Caesar Dressing

1. Place all ingredients in a blender for 30 seconds. Refrigerate. To be consumed within a week.

### Scallops

1. Heat a sauté pan, add olive oil
2. Sear the sea scallops for 2 minutes on each side.
3. Remove scallops from pan, place in a mixing bowl and pour Caesar dressing over the scallops. Toss well.

### Lettuce

1. Wash and dry the Romaine lettuce. In a large bowl, combine Caesar dressing, Romaine lettuce, and parmesan.
2. Place the Romaine lettuce in the center of each plate. Put the warm sea scallops around the lettuce and serve.

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