

RECIPE: SEARED SCALLOPS WITH SALSA ROMANESCO

DAIRY

Unsalted butter, 0.34 oz.

FISH & SHELLFISH

Sea scallop, 4 oz. dry

NUTS, SEEDS & DRIED FRUITS

Almonds, 12 blanched

Hazelnuts, 12

SPICES & SEASONINGS

Kosher salt, to taste

Red pepper flakes, 0.02 oz.

Black pepper, to taste

VEGETABLES

Garlic, 1 head

Roasted red peppers, 2 large

Tomatoes, 2

WINE

Red wine or Sherry vinegar, 4 fl. oz.

MISCELLANEOUS

Malaysian Red Palm Oil, 2 tsp.

Stale bread, 1 slice

Red Palm Oil, 1 cup