



FLORENCE FABRICANT
The LADIES' VILLAGE
~ IMPROVEMENT ~
SOCIETY COOKBOOK
Eating and Entertaining in East Hampton

PHOTOGRAPHY BY DOUG YOUNG
FOREWORD BY MARTHA STEWART

Though Peconic Bay scallops are the pride of the East End of Long Island, the larger meaty sea scallops are harvested year-round. This recipe from an LVIS member pairs the sea scallops with fresh corn, which is still picked in the fields and stacked at farm stands well into October.

SERVES 6

Sea Scallops over Corn Relish

AIMEE DALLOB

3 TABLESPOONS EXTRA VIRGIN OLIVE OIL
2 TABLESPOONS FINELY DICED SHALLOT
3 TABLESPOONS FINELY DICED RED BELL PEPPER
KERNELS FROM 5 EARS OF FRESH YELLOW OR BI-COLOR CORN
10 RED OR YELLOW GRAPE TOMATOES, HALVED
SALT AND FRESHLY GROUND BLACK PEPPER
2 TABLESPOONS UNSALTED BUTTER
2 POUNDS SEA SCALLOPS, SIDE TENDONS REMOVED, PATTED DRY

Heat 2 tablespoons of the olive oil in a large skillet, preferably nonstick, over medium heat. Add the shallots and bell pepper and sauté until starting to soften, about 3 minutes. Add the corn, raise the heat to medium-high, and sauté for about 5 minutes, long enough to cook the corn. Add the tomatoes and cook for another minute or so, until starting to soften. Season with salt and pepper. Spread on a serving platter and cover with foil to keep warm.

Add the remaining 1 tablespoon oil and the butter to the skillet and heat over medium until the butter is melted and the pan is hot. Season the scallops with salt and pepper and add them in a single layer to the skillet. (If necessary, you can brown the scallops in two batches.) Sear for 2 to 3 minutes without disturbing, until lightly browned on one side. Turn the scallops and cook the second side for about 2 minutes, until lightly browned. Arrange the scallops on the corn mixture and serve, or keep tented with foil to serve within an hour; the dish does not need to be piping hot.

IMPROVEMENT: The corn ragout can be called upon to do much more than embellish seared scallops. It will hold its own as a side dish, can enrich a soup, or be added to a salad.

