



# Pan Seared Scallops with a Hot Peach Jam and Honey Sesame Glaze With a Buttered Vegetable Medley

Camine Pappas / Serves 2  
(Doubles easily!) / March  
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## INGREDIENTS:

12 ounces scallops patted dry  
and room temperature  
5 T salted butter, divided  
1 T honey  
4 t sesame oil, divided  
1/3 C **Raven's Original Hot  
Peach Jam**  
1/3 C each of these frozen  
vegetables: riced cauliflower,  
peas, and shoepeg corn  
4 to 5 grape tomatoes halved  
or quartered  
2 t kosher salt and 1 t black pepper, divided (season to taste)  
1/4 C fresh finely chopped parsley  
1/4 C freshly chopped cilantro  
1 clove garlic grated\*



## METHOD:

Place the vegetables in a saucepan and cover with cool water. Slowly bring to high heat which only takes about 4-5 minutes depending on your stove. When it is almost to a boil, (don't let it boil, vegetables are already cooked and they just need to be hot,) remove, drain, toss with 2 T butter, 1 t salt and 1/2 t black pepper and the fresh parsley as well as the grape tomato pieces. Cover until plating.

In a small bowl, thoroughly mix the **Hot Peach Jam** with 1 t sesame oil, and the 1 T honey. Set aside.

Bring a large sauté pan to high heat and add 3 T salted butter and 3 t sesame oil. When butter starts to sizzle, add the scallops all at once, then arrange them so there is room between them. Let them sear completely on one side until a bit of caramelization occurs. This takes about 3 minutes. DO NOT disturb them or start turning them over until browned on first side. When ready, turn and let them brown on the other side for about a minute. Add 1 t

kosher salt and ½ t black pepper. Stir. Then add the peach sauce all at once while pan is still on high heat. It will begin to sizzle. Which is a good thing! Begin to stir and blend so the sauce is on all the scallops. Let it bubble and candy a bit in the pan for about a minute or so infusing all that flavor into the scallops. Then turn off heat and begin to plate and serve! Garnish with fresh cilantro if desired.

**\*NOTE:** *If you like garlic, you can add 1 clove of grated fresh garlic into the peach sauce when blending it together. Your choice!*

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