

Sauteed Scallops and Peach Salsa with Lavendar Honey and Fresh Greens with Banana Peppers and Lemon Vinaigrette

By Camine Pappas, July 2011

- 8 fresh giant sea scallops, patted dry
- 3 C fresh spinach and 1 cup fresh romaine lettuce, washed, dried and torn
- 2 medium banana peppers chopped into a large dice
- ½ large Vidalia onion divided
- 2 ripe peaches, peeled and diced
- ½ red pepper, diced small
- 4 T fresh parsley divided
- 2 T fresh cilantro
- 1/4 C mild honey
- 5 sprigs fresh lavender
- 6 T olive oil divided
- 3 T fresh squeezed lemon juice
- 2 t yellow mustard
- 1 t white sugar
- Salt and pepper



DIRECTIONS:

In a small bowl, add the lavender leaves to the honey. Let sit for 4 hours until infused. Strain and reserve.

For dressing, whisk together 3 T lemon juice, 3 T oil, salt and pepper to taste, sugar and mustard. Set aside. Right before serving, dress salad of greens, banana peppers and a handful of the onion chopped fine, with 2 T fresh cilantro and 2 T fresh parsley.

For salsa, combine chopped peaches, red peppers, 2 slices of the onion, 1 T olive oil, salt and pepper, 2 T of fresh parsley and 2 T of the infused honey. Reserve the rest for adding to the sauce that will cover the scallops.

Heat a large saucepan with 2 T oil. Add the scallops and let sear. Do NOT move the scallops until the first side is seared and brown. Turn them over, season with salt and pepper and brown on the other side. Then, add the remainder of the lavender honey, cover and let simmer for about 2 minutes.

Serve with the salsa, and dressed greens. Add brown rice, or crusty bread and a crisp California Sauvignon Blanc.