

Chef Steven Ferneding
www.Trading Dishes.com

Oceans Edge: Seared Sea Scallops, Shrimp and King Crab with an Indian Curry Sauce

Equipment Needed:

Large pot
Small sauce pan
1 large sauté pan
Tongs
Microplane
Spatula
Wooden Spoon
Small whisk
Small mixing bowl
Fine mesh strainer

Ingredients:

3-6 Sea Scallops
3-6 Shrimp
2 Alaskan King Crab Legs
1 tablespoon of garlic - minced
1 tablespoon of ginger - minced
1/2 - 1 tablespoons of Smoked Paprika - For dusting scallops
1/2 tablespoon of dried Turmeric - For dusting shrimp
1 tablespoon of Turmeric - For sauce
1.5 tablespoon of dried Garam Masala
2.5 tablespoon of ghee or butter - melted
2-3 tablespoons of herb infused avocado oil or coconut oil
1/2 cup of vegetable stock - warm or sub for coconut milk
1 cup of water
1 tablespoon of saffron or 1 large pinch
1/4 cup reserved crab water
1 tablespoon of water
1 tablespoon of corn starch
1 teaspoon of smoked paprika - garnish
2 tablespoons of fresh cilantro + 1 T for garnish
Crushed Himalayan Salt and fresh ground pepper - to taste

1 tablespoon of Orange zest

Let's Cook!

Step 1:

Heat large pot with 1 cup of water and saffron over high heat, until steaming.

In sauce pan, warm vegetable stock over low heat.

Step 2:

Pat dry, shrimp and scallops. (Use fine mesh strainer)

Dust both sides of shrimp with salt, pepper and turmeric.

Dust scallops with salt, pepper, smoked paprika, and coriander.

Step 3:

Heat sauté pan over medium - high heat.

Add oil. - just enough to cover bottom of pan (To test if oil is ready, add a droplet of water, needs to sizzle)

Add the shrimp to pan. (Careful to not overcrowd the pan) - Social distancing

Cook shrimp 2 minutes then use tongs and flip. Cook 1 more minute.

Add scallops: cook 1 1/2 minutes on each side.

Remove shrimp and scallops from pan and cover with foil to keep warm.

Add crab legs to large pot and steam for 2 minutes. Remove and keep warm. Reserve liquid.

Step 4:

Add ghee to hot sauté pan, add garlic and ginger, stir and cook for 10 seconds. Scrape bottom of pan.

Add Garam Masala and stir together for 30 seconds. Add cilantro and stir.

Whisk in vegetable stock, 1/4 cup crab water and bring to a boil.

Mix 1 tablespoon of water with cornstarch and whisk in to sauté pan.

Lower temperature to low setting. Using a spatula stir sauce. Sauce will thicken quickly.

Remove sauce from heat and continue to cook for one minute.

Taste, add salt and pepper. (For smoother texture strain sauce)

Step 5:

Garnish plate with smoked paprika fresh cilantro + salt and fresh ground pepper, and orange zest.

Eat and Enjoy!

Chef Steven's Tip: Set out seafood for 30 minutes prior to cooking to allow for even cooking.