
KITCHEN CONNAISSEUR

Boston Bibb and Scallop Salad with Curry-Mango Dressing



This beautiful salad is both refreshing to eat and easy to make. If I'm serving this to company I prepare the dressing, beans and almonds the day before and the scallops just before serving. Makes 4 entrée size servings.

ingredients

CURRY MANGO DRESSING

- 1/4 cup** **Raspberry Wine Vinegar**
- 1 250 ml jar** **Curry and Cream Sauce**
- 1/2 cup** **Mango Chutney**
- 1/2 cup** Yoghurt - vanilla flavoured or plain
- 2/3 cup** **Basil Flavoured Walnut Oil**
- Salt and pepper to taste

SALAD GREENS

- 1 head** Boston bibb lettuce - washed, trimmed
- 2 cups** Green beans - fresh, washed, trimmed

TOASTED ALMONDS

- 1 cup** Almonds - slivered
- 2 Tbsp** Butter - unsalted

SAUTEED SCALLOPS

- 1 Tbsp** **Roasted Garlic Olive Oil**
- 1 Tbsp** Butter - unsalted
- 20 jumbo** Scallops - fresh if possible
- 2 Tbsp** Curry Mango Dressing (recipe above)

instructions

Curry Mango Dressing:

In a blender, on medium speed, blend the first 4 dressing ingredients. Reduce the speed to low and gradually add the walnut oil in a slow steady stream. The dressing should thicken nicely. Add

salt and pepper to taste. Cover and refrigerate. For the very best flavour allow the dressing to rest in the fridge for at least 12 hours. (Any extra dressing can be kept in the fridge for up to 2 weeks.)

Toasted Almonds:

On medium high heat, in a heavy skillet, melt the butter. Add the almonds, stir them frequently to prevent burning. Cook until lightly browned, approximately 5 minutes.

Green Beans:

1. In a saucepan, with a lid, and ¼ inch water, bring the green beans to a quick boil. Turn the beans to assure even cooking. Cook for 1-2 minutes, but do not overcook - the beans should remain firm.
2. Remove the beans from the heat, and drain any excess water. Immediately place the cooked beans in a cold water bath with ice cubes if possible. Let sit for 5 minutes or until they are very cold.
3. Dry the beans using paper towel. This can be done up to 1 day ahead, in which case the beans should be put in an air tight container and refrigerated.

Sautéed Scallops:

1. Rinse the scallops under cold water. Pat them dry with a paper towel.
2. In a heavy skillet heat the oil and the butter over moderately high heat. Allow any foam to subside. Place the scallops in the pan, allow them to cook for 30 seconds on each side, or until they are cooked through.
3. Pour the 2 Tbsp of Curry Mango dressing into the pan. Quickly bring the dressing to a boil and turn the scallops so that both sides are coated with the dressing. Remove the scallops from the pan to avoid overcooking.

To Serve:

1. Create a section of Boston bibb lettuce on each individual plate.
2. Arrange the green beans and scallops beside the lettuce.
3. Ladle 1½ - 2 ounces of the dressing over the lettuce, beans and scallops. Sprinkle the almonds over the top. Season with salt and pepper to taste. Serve immediately with croissants or fresh bread.