



What's Cooking Pascal?

## Scallops Fricassée

### Ingredients for 4 persons

20 jumbo scallops

1 tablespoon extra-virgin olive oil

¼ cup parsley, finely chopped

1 tablespoon chopped garlic

1 pinch fleur de sel (French salt) to taste

1 tablespoon unsalted butter

⅓ cup Cognac or Brandy



### Preparation

Wash the scallops and place them between the layers of several clean dish towels to dry them out; refrigerate for 24 hours.

Heat the olive oil in a large frying pan and sauté the scallops over high heat for about 1 minute per side or until lightly browned. Remove the scallops from the pan and keep them warm.

Turn the heat down to medium and add the parsley, garlic, fleur de sel, pepper and butter. Stir and cook for about 1 minute. Return the scallops to the pan along with the Cognac or Brandy. When the liquid just starts to boil, carefully ignite by touching a lighted match to the liquid at the side of the pan closest to you. Be sure to keep your face and clothing well away from the pan. When the flame goes out, serve.

Bon Appétit,

Pascal Courtin