



## King Oysters Scallops with Lemon Sage Risotto

Serving Size: ½ cup

Number of Servings: 4

### Ingredients

#### King Oyster Scallops:

- 5-10 King Oyster Mushroom (more or less depending on size of mushrooms available)
- 6 cups Vegetable Stock
- 2 Round Slices of Lemon
- 7 Cloves Garlic, quartered
- 5 Black Peppercorn, whole
- 2 Bay Leaves
- 8 Fresh Sage Leaves
- 2 tbsp High Heat Oil

#### Lemon Sage Risotto:

- 2 Tbsp High Heat Oil
- 1 Shallot, diced
- ½ Yellow Onion, diced
- 1 Zucchini, diced
- 1 cup Arborio Rice
- 4 Fresh Sage Leaves, chiffonade
- ½ cup White Wine
- Reserved Scallop Stock
- 1 cup Cherry Tomatoes, halved
- 1 cup Spinach, de-stemmed
- Salt and Pepper to taste.

## Method of Preparation

### “Scallop Mushrooms”

1. Prepare broth in a medium pot. Combine vegetable stock, lemon, garlic, peppercorn and bay leaves. Bring to a boil then let simmer for 15-20 min to infuse flavors.
2. While broth is simmering prepare mushrooms.
3. Wash off any dirt. Cut mushroom stems into scallop sized pieces. This can vary depending on your mushrooms. Try to get 2-3, 1 inch “scallops” per mushroom.
4. Score each side.
5. Once broth is done infusing, add mushrooms and sage leaves. Bring back to a simmer and cook 20-25 min.
6. Remove mushrooms Reserve broth.
7. Heat cast iron pan on med-high heat. Once hot add oil.
8. Place mushrooms in pan with a scored side touching. Sear 5-8 min on each side or until golden brown.

### Lemon Sage Risotto

1. Heat sauté pan on medium heat. Once hot add oil, shallot, yellow onion, and zucchini sauté 5 min.
2. Add rice and sage leaves. Sauté 3 min or until rice begins to brown.
3. De-glaze pan – pour in wine and stir constantly.
4. Once liquid is gone add ½ cup of stock and stir until broth is absorbed by rice. Repeat this until rice is al dente.
9. Fold in spinach and tomatoes.
10. Serve in bowl with scallops on top

Chef Tip: Tie peppercorn and bay leaf in cheese cloth to avoid adding whole peppercorn to risotto.

## Nutritional Analysis - Per Serving

Calories: 390

Fat: 16g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 850mg

Carbohydrates: 52g

Dietary Fiber: 4g

Total Sugar: 7g

Protein: 8g

Calcium: 45mg

Potassium: 644mg