

Seared Scallops with Apple Wood Smoked Gouda Grits



Ingredients:

12 large sea scallops
2 cups chicken broth
1 cup fat-free half and half
1 cup dry white wine
1 cup uncooked quick-cooking grits
1 cup apple wood smoked Gouda cheese, shredded
2 tablespoons butter
1 tablespoon olive oil
1 tablespoon lemon juice
Salt and pepper

Directions:

- 1) Bring the broth and half and half to a boil in a saucepan over medium-high heat.
- 2) Whisk in the grits, cover, reducing the heat to low, and simmer for five minutes, stirring occasionally.
- 3) Stir in the cheese, 1 tablespoon of the butter and season with salt and pepper. Remove the pan from the heat.
- 4) Pat the scallops dry with a paper towel and season them with salt and pepper on both sides.
- 5) Heat the olive oil in a sauté pan over medium-high heat. When the pan is hot, place the scallops in the pan and sear them for two to three minutes on each side until golden brown. Transfer the scallops to a plate and cover them to keep them warm.
- 6) In the same sauté pan, add the wine and lemon juice and stir to loosen the browned bits into the sauce. Bring the mixture back to a boil for one minute. Stir in the remaining tablespoon of butter.
- 7) To serve, spoon a bed of the grits onto each plate, top with the scallops and then drizzle the sauce over the top.