



Blackened Diver Scallops W/Crawfish Étouffée & Parmesan Grits

Mohegan Sun Wine & Food Festival 2020

Cajun seasoning

Ingredients:

- 1 tablespoon kosher salt
- 1.5 teaspoons paprika
- 3/4 teaspoon black pepper
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1.5 teaspoons dried thyme leaves
- 3/4 teaspoon cayenne pepper

Recipe:

- 1.) Add all dry ingredients in a small bowl, whisk together until well incorporated.

Crawfish Étouffée

- 1 lb cleaned Louisiana crawfish tails
- 1 small yellow onion (small diced)
- 1 medium red bell pepper (small diced)
- 2 celery stalks (small diced)
- 2 garlic cloves minced
- 4 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1/2 cup tomato sauce
- 2.5 tablespoons all purpose flour
- 3 cups chicken broth

*****Cajun Seasoning***

Recipe:

- 1.) Add olive oil & butter to a large saucepan, heat up to medium high heat, and add chopped veggies.
- 2.) Sauté veggies until caramelized, about 5 to 7 mins .
- 3.) Add tomato sauce and 1 teaspoon of Cajun seasoning to pan, sauté an additional 3 to 4 mins.
- 4.) Add flour, and continuously stir until flour dissolves into veggies, about 3 mins.
- 5.) Add chicken broth, and whisk all ingredients until well incorporated, bring to a boil.

- 6.) Reduce to medium heat, and simmer until thickened about 8 to 10 mins.
- 7.) Add crawfish tails, 1 teaspoon Cajun seasoning and return to a boil, continually stirring.
- 8.) Reduce to a simmer for about 6 to 8 minutes, until crawfish plump up and cook.
- 9.) Season to taste with salt and pepper, serve hot with grits and scallops.

Parmesan Grits

Ingredients:

- 1/2 cup yellow grits
- 2 cups chicken broth
- 1 cup heavy cream

****Roasted corn kernels***

- 1/3 freshly grated Parmesan cheese
- Salt and pepper to taste

Roasted Corn Kernels

Ingredients:

- 1 ear sweet yellow corn
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt

Recipe:

- 1.) In a small bowl, toss corn cob with olive oil and salt.
- 2.) Roast corn on grill over medium high heat, until corn is golden brown; about 5 to 7 mins.
- 3.) Cut and remove corn kernels from cob.

Grits

Recipe:

- 1.) Bring chicken broth to a boil in a medium sauce pot.
- 2.) Whisk in grits, and reduce to low heat and simmer.
- 3.) When grits are are cooked and tender, about 8 to 12 mins, whisk in heavy cream, until well incorporated.
- 4.) Add Parmesan cheese, butter, and roasted corn kernels, stir until well incorporated and season to taste with salt and pepper.
- 5.) Serve hot.

Blackened Diver Scallops

Ingredients:

9 large diver scallops cleaned, pat dry (abductor muscle removed)

****Cajun seasoning***

Juice of 1/2 lemon

3 tablespoons olive oil

2 tablespoons unsalted butter

Recipe:

- 1.) Season scallops on both side liberally with Cajun seasoning.
- 2.) In a large cast iron pan, add olive oil and bring to medium high heat.
- 3.) Add scallops to pan, and get a hard sear on the scallop about 3 to 4 mins.
- 4.) Add butter & lemon juice to pan, and swirl pan until butter melted.
- 5.) Flip over scallops, and baste all scallops with lemon butter.; allow scallops to cook undisturbed for about another 2 to 3 mins.
- 6.) Serve hot immediately with crawfish étouffée and Parmesan grits.

Servings: About 3 to 4 servings