



Menu du Jour

04 Jul 05

Grilled Jalapeño Shrimp and Scallops
With Wasabi-Dijon Glaze

Smoked Corn & Avocado Salsa
with Mustard Sauce

Tarragon Carrots

Paired with Adea Chardonnay Willamette Valley 2000

(Serves two)

Grilled Jalapeño Shrimp & Scallops

8 sea scallops
8 (U-12) shrimp, peeled and deveined, tails intact
2 jalapeño chiles
1/4 cup olive oil
1 teaspoon coarse kosher salt
1/2 teaspoon ground cayenne pepper
2 teaspoons lemon juice
1/4 cup chili sauce
2 cloves garlic, minced
1/2 teaspoon freshly ground black pepper
2 tablespoons minced green onion
1/4 cup chopped green onions, for garnish

Seed the jalapeños and finely slice one of the chiles into 8 long pieces. Make a narrow slit in the bottom of each shrimp and stuff shrimp with 1 jalapeño slice. Finely dice the remaining jalapeño.

Combine the diced jalapeño, olive oil, salt, cayenne, lemon juice, chili sauce, garlic, pepper, and 2 tablespoons of minced green onion in a medium mixing bowl. Allow flavors to blend for 1 hour. Add the shrimp and scallops. Marinate, refrigerated and covered, for at least 1 hour or up to 3 hours. Remove the shrimp and scallops from the marinade, reserving marinade.

Reheat the marinade in a small saucepan and simmer for 5 minutes.

Preheat the grill for medium-high heat direct cooking and place the shrimp and scallops on a cooking grate. Cook for 2 to 3 minutes per side or until the shrimp and scallops are opaque, turning once. Brush with reserved marinade during cooking.

(Chef's note: Do not overcook the shrimp and scallops or they will become dry and tasteless.)



Dijon-Wasabi Glaze

1 teaspoon freshly grated ginger
1 clove garlic, minced
2 tablespoons soy sauce
1/4 cup Dijon mustard
1 tablespoon Mirin or Sake
1 tablespoon dark brown sugar
1 tablespoon Wasabi paste
1/4 teaspoon toasted sesame oil

Combine the ingredients in a small bowl and whisk until incorporated.

Mustard Sauce

2 tablespoons Dijon mustard
3 tablespoons red wine vinegar
2 teaspoons extra virgin olive oil
1 teaspoon coarse kosher salt
2 tablespoons honey
1/2 teaspoon freshly ground black pepper
1 tablespoon minced green onion

Combine ingredients in a small mixing bowl and let flavors blend for at least 1 hour.

Tarragon Carrots

French tarragon (which is also called German tarragon) is sweet and aromatic, with a flavor of fennel, anise, and licorice. The herb should be used fresh because dried tarragon is usually very weak.

6 whole baby carrots, with 1-inch stems attached, scrubbed
or 3 medium carrots, scrubbed and bias-sliced 1/2-inch thick
2 tablespoons unsalted butter
1 tablespoon chopped fresh tarragon
1/2 teaspoon balsamic vinegar
1/2 teaspoon clover honey
1/4 teaspoon grated fresh ginger
Kosher salt and cracked black pepper, to taste



In a medium saucepan over medium heat, boil the carrots in salted water until soft, about 6 to 8 minutes. Drain the carrots. Add remaining ingredients and stir until butter is melted and carrots are nicely glazed. Season carrots with salt and pepper.

Smoked Corn & Avocado Salsa

2 Hass avocados, diced
1 cup smoked sweet corn kernels
1/4 cup diced red onion
2 cloves garlic, pressed
2 tablespoons minced fresh cilantro
Juice of 1 lime
1/2 teaspoon cumin
1/2 teaspoon black pepper
1/2 teaspoon kosher salt

Combine all ingredients in a non-reactive bowl. Cover and refrigerate at least 2 hours before serving.



Cooking & Presentation Photos



Shrimp Stuffed With Jalapeño Slice



Shrimp & Scallops In Marinade

From The Kitchen Of Michael H. Stines
www.CapeCodBBQ.com