

Jumbo Scallops Orzo with Radish and Fiddlehead

- 12 jumbo scallops (These beauties were from [Poissonerie Sherbrooke](#))
- 1 c orzo, cooked in boiling water for 8-10 minutes and lightly seasoned with olive oil, sea salt and freshly ground pepper
- 2 dry shallots, minced
- 2 scallions, thinly sliced
- 2 garlic cloves minced
- sea salt and freshly ground black pepper
- 2 t [Crousset Shrimp Spice](#) (also from [Poissonerie Sherbrooke](#))
- 2 t lime juice (or lemon juice)
- 1 T olive oil

Spray the scallops lightly with olive oil, then coat them in shrimp spice, salt and pepper. Use a sauce pan to sauté the dry shallot, garlic and scallion in olive oil for several minutes until softened. Add the scallops, and cook on medium heat 8-10 minutes, flipping from time to time, just until they turn white. Sprinkle on the lime juice before serving on top of the orzo. Garnish with some finely chopped parsley.

Radish and Fiddleheads

- 4 jumbo radish, sliced
- 2 c **fiddleheads**, washed and trimmed
- 1 T butter
- 1 t olive oil

- sea salt and freshly ground black pepper
- 2 t lime juice (or lemon)

To round out the meal, roast some cauliflower, radicchio and zucchini, lightly sprayed with olive oil and dusted with sea salt and ground pepper.

Roasting takes about 20-30 minutes at 450 degrees. The radicchio will brown quickly. Remove vegetables as they are done.