



Saint Jacques au Saffron

Source: Chef Franck Bacquet, *Bacquet's Restaurant*, Eagle, Idaho, used by permission, Michele Holly PDF: St-Jacques-Scallops.pdf
Serves: 2 as an appetizer, 1 as an entrée.

Note: This is a fantastically good recipe direct from the Chef. It's not for the faint-of-heart cook, though.

U10 size: Jumbo scallops are a dry scallop. All cold water ocean scallops have a succulent sweet texture and are 100% white meat. What does u-10 mean? It means that there are **less than 10 scallops in a pound**, and they are perfect for sauteing and broiling! These wild, jumbo sized Sea Scallops are harvested off the coast of **Chatham, Massachusetts**. Their size ensures a tender, succulent texture with loads of sweetness and just enough briny salinity to be both refreshing and satiating.

Ingredients:

4 Sea Scallops, U-10 size
80 gram (5.64 T) Butter, unsalted
80 gram (5.64 T) All-Purpose Flour
½ ltr (4.25 cups) Chicken Stock
½ ltr (4.25 cups) Heavy Cream
Pinch salt & pepper
½ t Lemon Zest
0.003 gram Saffron Threads (just a pinch)
1 C grated Parmesan Reggiano Cheese

Directions:

Prepare dry scallops by peeling the muscle from the side.

Melt butter on low heat in a heavy saucepan. Remove from heat and add saffron, stirring. Transfer butter to larger saucepot (no heat). Add flour and stir to a smooth paste. Add chicken stock and whisk. Add cream and stir over high heat. Stirring constantly, add pepper and salt, to taste, then add lemon zest. Continue to stir over high until first bubbles emerge at a boil, approximately 6 minutes.

Remove directly and transfer to cool bowl to reduce temperature.

To prepare scallops, slice nearly in half (see video) and place in large scallop shells or a crème Brulé style ceramic dish, lightly coated with butter or non-stick spray. Season scallops with salt and pepper. Pour warm sauce over scallops and sprinkle generously with cheese.

Bake scallops at 425 degrees for 6-8 minutes or until sauce is bubbly and cheese is golden brown.

Bon Appétit!