



RECIPE OF THE MONTH

JUNE 2009

Grilled Diver Scallops, Truffled Barley "Grits"

from The Dining Room at The Mount Washington Hotel

This is recommended as a first course dish, and makes four portions. Allow the flavors to speak for themselves.

- 4 each, Diver scallops
- sea salt and black pepper, as needed
- 1 cup pearl barley
- 2 cups rich lobster stock
- 1 small shallot, minced
- 2 cloves garlic, smashed
- 2T butter, unsalted
- 2T minced chives
- 1/4 cup shaved Reggiano Parmesan
- truffle oil, to taste



- 1) Rub scallops with olive oil and season as desired.
- 2) Gently grill mark to achieve good cross markings on both sides.
- 3) Finish scallops in a 350-degree oven with a little butter on top.
- 4) The scallops are done when they are warm to hot in the center.
- 5) For the barley "grits," toast barley in 350 oven until they are browned and aromatic.
- 6) Once cool, grind barley in either a spice grinder or food processor.
- 7) In a small sauce pan, melt butter and "sweet" garlic and shallots until soft and translucent.
- 8) Add ground barley and allow to cook briefly until well coated.
- 9) Add stock in two stages; allow barley to slowly absorb on moderate heat.
- 10) Once all stock is absorbed and barley is tender and slightly al dente, finish with chopped herbs and cheese. (Add more stock if needed.)
- 11) Season as desired with sea salt, black pepper and a good truffle oil.

The starch content of the barley allows for a naturally creamy texture that reminds one of Hominy Grits from the South. The paired scallop and lobster stock are good ingredients indigenous to the cuisine here in New England. If any garnish is desired, some fresh micro greens or micro basil tossed with extra virgin olive oil are suggested.