

# La Vigne Enterprises, Inc.

*Distinctive Natural Gourmet Foods*

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## **Scallop & Fennel Salad with Kumquat Vinaigrette**

### **Ingredients:**

10 oz. jar **La Vigne Kumquat Conserve**  
4 oz. or 1/2 cup Kumquat Vinegar  
3 TBSP Chopped Kumquats  
1 1/2 TBSP Honey  
1/4 tsp salt  
1 small shallot diced  
1/4 cup Orange juice  
1 cup Safflower oil  
4 fennel bulbs  
1 Red bell pepper - diced small  
1 Large carrot - diced small  
Chervil or Cilantro leaves  
12 Large Sea Scallops

### **Preparation:**

Heat a 10oz. jar of **La vigne Kumquat Conserve** in a small pan until soft. Strain and save liquid. Take the kumquats and squeeze the pulp and seeds out. Chop half of the kumquats and add to 2 cups of vinegar. Let sit for at least 24 hours. To the other half of kumquats, add 2 TBSP of kumquat liquid to vinegar to season.

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## **Scallop & Fennel Salad with Kumquat Vinaigrette (cont.)**

### **Vinaigrette:**

Add kumquat vinegar, chopped kumquat, honey, salt, shallot & orange juice. Whisk well, drizzle in oil until well mixed. Adjust seasoning. Refrigerate.

### **Salad:**

Cut fennel bulbs in half, remove core, and then slice paper-thin. Toss in ice water to crisp. Drain well; add red pepper, carrots, and a few of the reserve kumquat halves. Refrigerate.

### **Scallops:**

Heat pan over med-high heat, dry scallops with paper towels. Season with salt & pepper. Put 2 TBSP oil in pan and brown 6 scallops (brown both sides.) Set aside and finish cooking the remaining 6 scallops.

**To assemble salad:** Toss fennel mixture with vinaigrette & season. Put a portion of the salad on 4 plates. Put 3 scallops around the salad. Drizzle with remaining vinaigrette. Garnish with Chervil or Cilantro sprigs. Serve.

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