

#### Scallop Scampi serves 4

- Roughly 1 ½ # of bay scallops
- ¾ cup butter
- ¼ dry white wine
- ¼ cup chopped scallions
- 1 tablespoon minced garlic
- ¼ cup fresh Italian leaf parsley
- 8 ounces small, diced heirloom tomato
- Juice of 2 lemons
- ½ cup All purpose flour ( use rice flour for gluten free results)
- Salt & pepper to taste
- In a separate dish lightly dust the patted dry scallops with flour, salt and pepper set off to the side.
- In a skillet, melt the butter on low until its completely melted.
- Turn the skillet to medium heat and add the garlic, allow the garlic to brown lightly and drop in your scallops.
- Sautee the scallops without too much movement in the pan until they are seared, and the butter is just beginning to brown.
- Pull the skillet away from the heat and deglaze with dry white wine, put the skillet back on the heat and while the wine is quickly reducing add the tomato, fresh herbs, and lemon juice.
- Finish incorporating all the flavors together and when the scallops are done ( bay scallops only take 5-8 minutes to cook completely) serve while hot.

#### Scallop Gratin serves 4

- Roughly 1 ½ # of Bay Scallops
- ¾ cup softened cream cheese
- ¼ cup white wine (dry)
- 2 lemons zested and juiced.
- ¼ cup parmesan cheese, shaved
- 1 tablespoon Fresh tarragon leaves
- Salt & Pepper to taste
- Smokey Paprika for finishing flavor
- Preheat oven to 450 degrees ( 375 if using a convection oven)
- Pat dry and add scallops to your baking dish. Sprinkle salt and pepper to taste over the scallops.
- In a large bowl whisk together the cream cheese, white wine, lemon juice, fresh tarragon, shaved parmesan cheese, when ingredients are blended add salt and pepper to taste preference.
- Pour the ingredients over your scallops , evenly. Let the mixture evenly rest in pan with scallops for 5-7 minutes. Top with a little paprika to bring a hint of smoke to the dish and help the top brown well.
- Bake the scallops for 5-8 minutes or until golden brown on top.
- Serve with toasted crostini to elevate.

#### Roasted whole Snapper Baked Snapper with lemon butter serves 4.

- 2 sides of snapper( red, mangrove, or lane are Crystal River favorites) weighing roughly 8 oz each. Be sure the skin is on the the filets, but the filets are scaled completely. Also gently score

the skin side without cutting into the fish itself, so that the skin doesn't tighten, preventing it from becoming crispy in the oven.

- One cast iron skillet that will accommodate the size of your filets comfortably and is safe to bake in a standard conventional oven.
- ¼ cup all-purpose flour seasoned lightly with salt and pepper.
- 2 lemons, washed and sliced into thin round pieces.
- ½ cup of dry white wine
- ¼ cup of olive oil
- ½ # of real butter
- ¼ cup of fresh Italian parsley leaves
- Lightly dust the skin off side with the all-purpose flour
- Preheat your oven to 350 degrees, then heat your cast iron skillet to a high enough temperature to sear your fish filets.
- Pour the olive oil evenly into your pan wait 30 seconds for it to be heated and place the fish slowly into the pan, skin side facing up. Sear the skin off side for 1 minute or until golden brown, then deglaze with the wine.
- Once the wine is almost reduced flip the fish fillets so that the skin side is down then add the butter, place the lemon slices over the top of the fish and place into oven for 5-8 minutes allowing the skin to get crispy.
- Place the fish on a serving dish and drizzle the sauce that remains over the top, sprinkle parsley leaves to garnish, and remove lemon slices from the fish filets.