



## Nigella's Scallops with Pea Puree

Adapted from [Nigella Kitchen](#)

BAH Note: Try and get "dry" scallops, meaning they haven't been injected with liquid. Mine were "wet" (injected) and even though I tried a Cook's Illustrated technique to dry them out a bit, my scallops didn't get that lovely browned exterior because the liquid wept out into my pan causing them to steam more than to saute.

- 1 pound frozen peas
- 1 tablespoon mild curry paste
- 1/3 cup sour cream or creme fraiche
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 pound sea scallops
- juice of 1 lime
- juice of 1 lemon

Cook the peas in a saucepan, drain, and transfer to the food processor. Add the curry paste, sour cream or creme fraiche, lime juice, and salt and process until smooth. If the puree is on the thick side, drizzle in a teaspoon or two of olive oil. Cover the puree until ready to serve.

Pat the scallops dry and season with salt and pepper. Melt the butter and olive oil in a large frying pan over medium high heat. Working in batches if necessary, cook the scallops for two to three minutes per side until browned.

Transfer the scallops to a plate and deglaze the pan with the lemon juice.

Serve the scallops drizzled with pan sauce on a bed of pea puree.

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