

Vanilla scallops *(Seafood main dishes)*



Preparation

Open and clean the scallops. Put the scallops in their upper shell (the deeper and wider one). Place the scallops and their shells in a large frying pan. Put a pinch of salt, a few vanilla seeds, a knob of butter, a sprinkling of pepper and a splash of Armagnac on each scallop. Now wait for the shells to get hot whereupon they act like tiny saucepans in which you cook the scallops. After about 15 minutes they will be ready and the sauce of each scallop will be reduced to just the right consistency. Serve one per person as an unconventional starter!

Tips

The recipe calls for the addition of seeds from a vanilla pod; if don't have one to hand, don't substitute with those classic vials used for cake-making; use instead a little oil flavoured with vanilla which you can make yourself at home and keep for other occasions. Another piece of advice: always keep a bottle of brandy or cognac at home which will be very handy for making fish or seafood recipes!

Trivia

In order to allow the scallops to reproduce, in Italy the law prohibits fishing and the sale of scallops when they are smaller than 10 cm in diameter. So, if you find very small scallops in your fishmongers, you should be suspicious!

Information

Preparation 30 minutes

Total Time 15 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Scallops 4 units

Vanilla pod 1 unit

Butter

Salt

Pepper

Armagnac