

Pan-Seared Scallops with Le Puy Lentils in Cider

Ingredients

¾ cup Le Puy lentils

1 bay leaf

1 ½ cups water

2 cups Farnum Hill Cider, divided (Recommended: Extra-Dry)

3 tablespoons unsalted butter, divided

2 tablespoons olive oil

16 sea scallops, muscle removed

¼ cup maple syrup

¼ cup shallots, minced

½ cup whipping cream

¼ teaspoon fresh thyme

Sea salt

Fresh-cracked black pepper

Wash lentils and pick through for stones. In a small saucepan, add lentils, bay leaf, water and 1 ½ cup cider. Bring to a boil. Reduce heat to medium-low until lentils are tender, about 30 minutes. Finish with 1 tablespoon butter and season with sea salt and fresh-cracked black pepper.

In a cast iron skillet, melt 1 tablespoon unsalted butter and 1 tablespoon olive oil until hot but not smoking. Season the sea scallops with sea salt and fresh-cracked black pepper. Add scallops to the skillet and sauté until cooked through, about 2 minutes per side. Transfer scallops to a platter; cover with aluminum to keep warm.

In the same skillet, add the cider, maple syrup and shallots. Bring to a boil, then reduce heat and simmer until reduced by half. Add 1 tablespoon butter, whipping cream and fresh thyme. Continue to simmer until mixture slightly thickens, about 4 minutes. Return scallops to the skillet to coat. Stir until heated through. Serve glazed scallops with lentils.