



Served
with
Love

with
Chef Jared

Ingredient List & Recipe

Episode 7 | 7/8/2020

Basil Pesto featured in Pan-seared Scallops and Caprese Panini

Basil Pesto Ingredients

- 2 cups basil leaves and tender stems, washed and packed tightly
- 1 cup freshly grated parmigiano reggiano cheese
- 1 cup extra virgin olive oil
- 2/3 cup pine nuts, toasted
- 6 cloves garlic, minced
- 1/4 to 1/2 tsp salt, depending on taste
- 1/4 tsp freshly ground pepper, possibly more to taste

Procedure

1. In a blender or food processor, place the basil leaves, pine nuts, garlic, and cheese. Put the top on the blender or food processor and blend or process for a few seconds to start to incorporate the ingredients.
2. Using a rubber spatula, push down any ingredients that have come up the sides of the blender or food processor back down to the bottom.
3. While the food processor or blender is running, slowly add the olive oil in a steady, consistent stream. This will help emulsify the pesto and keep the olive oil from separating. Occasionally stop to scrape down the sides of the blender or food processor with a rubber spatula.
4. Stir in 1/4 tsp salt and 1/4 tsp freshly ground black pepper. Process or blend for a few seconds. Add more salt and black pepper if necessary. Set aside until ready to use. Pesto can last in the refrigerator until 40 degrees F for 3-5 days. Pesto can also be frozen for up to two months. Note: if you are going to freeze the pesto, make it without the cheese. After the pesto is thawed blend the cheese into the pesto using a food processor or blender.

Yield: 4 cups

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Pan-seared Scallops with Pesto Ingredients

- 6-8 U-15 scallops, approximately two inches in diameter each
- 2 ounces pesto (see recipe)
- Zest of 1 lemon
- 1 tbsp olive oil
- Salt and pepper to taste

Procedure

1. Heat a large skillet over high heat. Preferred type of skillet is cast iron.
 2. Zest a lemon. Set the zest aside.
 3. Pat scallops dry with a paper towel and season the topside with kosher salt and freshly ground black pepper.
 4. Add olive oil to the hot pan and swirl around to coat the bottom of the pan. Place the scallops, seasoned side down on the hot oil. The scallops should be evenly distributed to not over crowd the pan. Season the other side of the scallops with salt and freshly ground black pepper. Sear in the hot pan for 2 minutes and turn the scallops to the other side. This should reveal a golden brown crust on one side of the scallops. Sear for one minute more on the other side and remove from the
 - skillet and place on a plate. Do not leave the scallops in the skillet or they will over cook, even if they are not over direct heat.
 5. Take a pastry brush and liberally brush pesto over each scallop. You can use as much pesto as you like.
 6. Take just a pinch of lemon zest and garnish the top of each scallop. Serve immediately.
 7. Note: if you are using previously made pesto that has been stored in the refrigerator, remove the pesto from the refrigerator one hour before placing on the scallops so that it can come up to room temperature. You cannot place cold pesto on top of the scallops.
- Yield: 2-4 servings

Caprese Panini with Pesto Ingredients

- 8 ounces fresh mozzarella cheese - thinly sliced
- 1 large tomato - thinly sliced
- 4 slices sourdough bread
- 2 ounces thinly sliced prosciutto, preferably prosciutto di parma
- 6-8 basil leaves
- ¼ cup pesto (see recipe)
- 1 tbsp reduced balsamic (see recipe)
- 2 tbsp unsalted butter
- Salt and pepper

Procedure

1. Build the sandwiches - Lay out the 4 pieces of bread and brush pesto on one side of the bread only. Then layer the sandwiches in this order: First layer- bread with pesto spread on top. Second layer- thin slices of mozzarella to cover the bread. Next layer- thin slices of tomato to cover the mozzarella. Dust the top of the tomato with salt and pepper. Fourth layer- basil leaves. Next layer- reduced balsamic vinegar – just a drizzle. Next layer- more thinly sliced mozzarella. Next layer- last piece of bread; the bread side with pesto should be touching the cheese. Now you have a complete sandwich, where the layers of ingredients (basil, tomatoes & balsamic) are between the slices of bread and cheese.
2. Heat a large skillet over medium heat.
3. Add 1 tbsp of butter to the hot skillet and put the sandwiches into the skillet to brown on one side. I like to cover the sandwiches with a weight at this time to press them down like a panini press would do. You can use another skillet and put it on top of the sandwiches and then I like to use a brick, cleaned & wrapped in aluminum foil on top of the skillet to make a good weight. (Note: If you don't have a brick, you can use multiple pans. Just be sure to not add too much weight on top of the

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sandwich). Just a pound or two of weight to will help compress the sandwich as it cooks in the butter. You want to cook the sandwich for 3-5 minutes on that first side until it is nice and golden brown.

4. Remove the weights after the initial 3-5 minutes and flip the sandwiches over, adding the other tablespoon of butter to the skillet. Put the weights back on the sandwich and allow to cook for another 3 minutes or until golden brown on the other side.
5. Remove the weights and remove the sandwiches from the skillet. Place on a cutting board, cut the sandwiches in half, and serve immediately. The sandwiches when cooked properly should be heated all the way through with lots of melty cheese.