



## CAPESANTE KIN FREGULA E TAFFARANU

from

### Sweet Myrtle & Bitter Honey

The Mediterranean Flavors of Sardinia

By Efisio Farris with Jim Eber

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### Capesante kin Fregula e Taffaranu *Pan-seared scallops with fregula and roasted vegetables*

Serves 4

- 1 cup chicken stock, plus more if needed
- 1 cup fregula
- 1 bay leaf
- 1 pinch saffron
- 5 tablespoons extra virgin olive oil, plus more for drizzling
- 2 pinches sea salt
- 2 green onions, chopped
- 1 shallot, chopped
- 1 stalks celery, diced
- 1 zucchini (preferably with blossom), diced
- 1 yellow squash, diced
- 1 Roma tomato, seeded and diced
- 12 diver sea scallops (note - if using smaller scallops, increase quantity)
- 1 bunch arugula, finely chopped (about 1/2 cup)
- 1 tablespoon abbamele, warm

In a medium saucepan, bring 1 cup chicken stock to a boil. Add fregula, bay leaf, saffron, 1 tablespoon of olive oil, and a pinch of salt; cook, covered, for 8 to 10 minutes. All liquid should be absorbed by the fregula.

Heat 2 tablespoons olive oil in a medium skillet over a medium heat. Sauté green onions, shallot, and celery for 2-3 minutes. Add zucchini, squash, and tomato and cook for 2-3 minutes. Combine fregula and vegetables and cook on low heat for another minute. Add additional stock or hot water if mixture is dry.

In a medium nonstick skillet, heat remaining 2 tablespoons olive oil. Cook scallops until golden and sprinkle with a pinch of sea salt. Turn and brown other side.

Divide fregula mixture among four plates and top with finely chopped arugula. Top each with three scallops. Finish with a drizzling of warm abbamele and olive oil.