



## SCALLOP BLT

From [The Paleo Cupboard Cookbook](#): A skewered scallop with bacon, tomato, arugula, and a dollop of herb mayo is basically a perfect bite on a stick. Or maybe two bites if you have a small mouth or take dainty bites. I'm a sucker for anything with bacon on it, and bacon and scallops just beg to be together. These make a fun appetizer or party dish, and a slice of avocado works well if you want a quick but creamy substitute for the herb mayo.

Author: Amy Densmore from The Paleo Cupboard Cookbook

Recipe type: Appetizer

Serves: 6 skewers

### **Ingredients**

- 3 slices thick-cut bacon
- Sea Scallops ½ pound, patted dry with paper towels
- ¼ teaspoon ground black pepper
- 1 tablespoon ghee, lard, tallow, or bacon drippings
- ¼ cup baby arugula
- 1 small Roma tomato, cut into 6 slices
- FOR THE HERB MAYO
- ¼ cup mayonnaise
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon garlic powder
- ⅛ teaspoon dried oregano
- ⅛ teaspoon dried thyme
- ⅛ teaspoon paprika
- ⅛ teaspoon celery seed

### **Instructions**

1. Make the herb mayo by mixing together all the ingredients in a small bowl. Place in the refrigerator until ready to use.
2. In a large skillet over medium-high heat, cook the bacon until crispy. Place the bacon on a paper towel-lined plate to drain, keeping the drippings in the pan.
3. Sprinkle the scallops with the pepper and cook in the pan for 1 minute, then flip and cook for an additional minute. Melt the ghee in the pan. Gently shake the pan to coat the scallops. Cook for another 30 seconds, then transfer the scallops to a cutting board. Rest for 1 minute, then slice each scallop in half.
4. Cut each cooked bacon strip into 4 pieces. To assemble the skewers, top a scallop half with a bit of arugula, a tomato slice, 2 pieces of bacon, a dollop of herb mayo, and then the other half of the scallop. Gently skewer with a toothpick and serve.