

Seared Scallops

Ingredients for 4 servings

- 1 lb (455 g) sea scallop, side muscles removed
- fine sea salt
- black pepper, freshly ground
- 1 tablespoon extra virgin olive oil
- 2 tablespoons unsalted butter, cut into small pieces
- 1 clove garlic, grated
- 1 tablespoon dry white wine
- 2 tablespoons fresh chives, finely chopped

Preparation

Under 30 min

1. Pat the scallops dry with a paper towel.
2. Season with salt and pepper.
3. In a large skillet set over medium-high heat, add the oil.
4. When the oil is hot, add the scallops and cook until golden brown on one side, 2-3 minutes.
5. Gently turn the scallops, and add the butter and garlic to the pan.
6. Continue to cook, spooning the butter over the scallops until they are cooked through, about 3 minutes more.
7. Add the white wine, cook another 10 seconds.
8. Serve with chives.

Lobster Roll

Ingredients - for 4 servings

- 2 small stalks celery, chopped
- $\frac{1}{3}$ cup (80 g) mayonnaise, plus 2 tablespoons, divided
- 2 lemons, juiced
- 1 teaspoon lemon zest
- 2 tablespoons fresh chives, finely chopped
- fine sea salt
- freshly ground black pepper
- 1 $\frac{1}{4}$ lb (565 g) lobster meat, 4-5 large cooked lobster tails, coarsely chopped
- 4 hot dog buns

Preparation – Under 30 minutes

1. In a large bowl, combine the celery, $\frac{1}{3}$ cup (80 g) of the mayonnaise, lemon zest, lemon juice, and chives.
2. Season with salt and pepper.

3. Stir in the lobster meat just to combine.
4. Brush the inside of the hotdog buns with the remaining 2 tablespoons mayonnaise.
5. Toast in a large skillet set over medium heat.
6. Enjoy!

Crab Cakes

Ingredients - for 6 servings

- 1 small shallot, finely chopped
- 2 tablespoons fresh parsley, finely chopped
- 1 tablespoon fresh chives, finely chopped
- 1 egg
- 2 tablespoons mayonnaise
- 2 teaspoons dijon mustard
- 2 teaspoons fresh lemon juice
- ½ teaspoon worcestershire sauce
- 1 pinch cayenne pepper, optional
- 1 lb (455 g) fresh lump crab meat, picked over
- fine sea salt
- freshly ground black pepper
- 1 cup (50 g) panko breadcrumbs
- all purpose flour, for dusting
- 2 tablespoons unsalted butter
- tartar sauce, recipe follows
- lemon wedges

Preparation - Under 30 min

1. In a large bowl, whisk together the shallot, parsley, chives, egg, mayonnaise, Dijon mustard, lemon juice, Worcestershire sauce, and cayenne if using.
2. Add the crabmeat, season with salt and pepper and stir to combine.
3. Add the breadcrumbs and mix just to combine.
4. Form into 6 equal patties and place on a plate. Chill in the refrigerator for at least 15 minutes, up to 1 hour.
5. Coat the cakes lightly with flour, and shake off any excess.
6. In a large skillet set over medium heat, melt the butter.
7. Fry the crab cakes until golden and crisp, 3-4 minutes per side. Transfer to a paper towel-lined plate to drain slightly.
8. Serve warm with tartar sauce and lemon wedges

Grilled Salmon

Ingredients

for 4 servings

- 8 oz (225 g) skin-on salmon, 4 fillets
- fine sea salt
- freshly ground black pepper
- 2 lemons, halved crosswise

Preparation - Under 30 min

1. Heat a grill to medium-high heat.
2. Season the salmon with salt and pepper.
3. Brush the grill grates with oil and place the salmon, skin side down on the oiled grates.
4. Grill until lightly browned, 3-5 minutes, then gently flip and continue to cook until just opaque in center.
5. Add the lemon halves to the grill, cut side down and grill until lightly charred, about 2 minutes.