

Miso Butter—Basted Scallops with Bok Choy and Chile

Yield: SERVES 2 TO 3

INGREDIENTS

INSTRUCTIONS

- 340 g** large sea scallops,
tendons removed
- 1.5 g** kosher salt
- 56 g** unsalted butter,
softened
- 56 g** white miso
- 14 g** plus 28 g vegetable
oil, divided
- 450 g** bok choy, stalks cut
into ¾-inch pieces
and leaves cut into 2-
inch pieces
- 30 g** scallions, white and
green parts
separated and sliced
thin
- 30 g** Fresno chile (1 chile),
stemmed and cored,
half sliced into thin
rings, half minced
- 6 g** garlic (1 clove),
minced
- 6 g** fresh ginger, grated
- 10 g** lemon juice
- 60 g** sake
- 15 g** rice vinegar

***Cook's Note:** We recommend buying "dry" scallops, which don't have chemical additives and taste better than "wet." Dry scallops will also sear much faster and develop a better crust. Dry scallops will look ivory or pinkish; wet scallops are bright white. Scallops may not be labeled dry or wet, so be sure to ask your fishmonger. Serve with steamed white rice. We've tested this recipe using both gram measurements and traditional U.S. volume and weight measurements so you get to pick the one that works best for you.*

- 1** **340 g large sea scallops, tendons removed**
1.5 g kosher salt
56 g unsalted butter, softened
56 g white miso

Line large plate with paper towels. Sprinkle scallops evenly on both sides with salt. Transfer scallops to prepared plate and place second layer of paper towels on top. Refrigerate scallops and allow moisture to release onto paper towels, at least 10 or up to 30 minutes. Meanwhile, using fork, thoroughly combine butter and miso in small bowl. Transfer 70 grams (5 tablespoons) miso butter to second small bowl.

Essential Equipment

12-Inch Stainless Steel Skillet
Tongs
Digital Thermometer
Digital Kitchen Scale

2**14 g vegetable oil****450 g bok choy, stalks cut into ¾-inch pieces and leaves cut into 2-inch pieces****Scallion whites****Minced chile****6 g garlic (1 clove), minced****6 g fresh ginger, grated****10 g lemon juice****Kosher salt****60 g sake****15 g rice vinegar**

Heat 14 grams oil in 12-inch skillet over high heat until shimmering. Add bok choy and cook, stirring occasionally, until slightly wilted, about 1 minute. Stir in scallion whites, minced chile, garlic, and ginger and cook until fragrant, about 30 seconds. Transfer bok choy to medium bowl; stir in lemon juice and season with salt to taste. Return pan to high heat and add sake and vinegar; cook until reduced by half, about 1 minute. Reduce heat to low, add 70 grams (5 tablespoons) miso butter, and whisk until sauce is smooth and emulsified, about 30 seconds. Pour sauce over bok choy in bowl and toss to combine; cover to keep warm. Rinse skillet and wipe dry with paper towels.

3**28 g vegetable oil**

Blot scallops thoroughly dry with fresh paper towels. Heat remaining 28 grams oil in skillet over high heat until smoking. Add scallops in single layer, flat side down, arranging them in **ring near exterior of skillet**, and cook, **tilting pan and moving scallops occasionally** to distribute oil, until well browned, 1½ to 2 minutes.

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Reduce heat to low. Slide scallops to back of skillet, opposite handle, and add remaining miso butter to front of skillet. Using tongs, flip scallops. Once butter has melted, tilt skillet so butter pools near base of handle. Using metal spoon, continuously spoon butter over scallops, concentrating on areas where crust is less browned. Baste until sides of scallops are firm and centers register 115 degrees F/46 degrees C, about 30 seconds. Remove skillet from heat and transfer scallops to large plate.

5**Scallion greens****Chile rings**

Divide bok choy between plates. Divide scallops between plates, seared side up, and spoon browned butter in pan over top. Sprinkle with scallion greens and chile rings. Serve.