

SCALLOPS WITH CARAMELIZED ONIONS (PETXINA DE PELEGRÍ)

Catalan Country Kitchen, p.62, by Marimar Torres

At home we often enjoyed seafood broiled in a seashell (petxina in Catalan). On special occasions, we would have fresh scallops, coral still attached. I devised this recipe to highlight the bay scallops found here. It's named for the scallop shell – the iconic symbol of Camino de Santiago pilgrims (pelegrins in Catalan).

Ingredients

3 tablespoons olive oil
6 large garlic cloves, minced
(2 tablespoons)
3 onions, cut in 4 and thinly sliced
½ cup dry white wine
½ teaspoon salt
¼ teaspoon freshly ground white pepper
2 pounds large bay scallops (3 or 4 per person)
2 tablespoons sherry wine vinegar
3 ½ tablespoons fine breadcrumbs
2 ½ tablespoons olive oil
1 tablespoon lemon juice, mixed with the olive oil
3 tablespoons chopped fresh parsley leaves
Lemon wedges, as a garnish



Preparation

1. Heat oil in a large skillet and sauté garlic with onions over low heat for 30-40 minutes, or until they are golden brown and almost caramelized; stir often, especially toward the end.
2. Add wine, increase heat to medium, and cook until wine is almost evaporated. Stir in salt and pepper; taste for seasoning. Arrange as a bed on 8 individual shells.
3. In a medium bowl, toss scallops with vinegar and marinate for 15 minutes. Preheat broiler.

4. Sear scallops on a hot grill, about 1 minute on each side. Distribute them on top of onions and sprinkle with breadcrumbs, olive oil/ lemon juice mixture, and parsley.

5. Place scallops under broiler for just a few minutes, until breadcrumbs are golden.

Serves 8 as a first course.

Recipe photo by Julia La Rue

Pair It with:



2024 Marimar Estate Don Miguel Vineyard Albariño

Marimar has been producing this Albariño since 2010 in homage to her homeland. Aromas of citrus and stone fruits such as white nectarine suggest the sunnier climes of Russian River Valley. The zesty acidity and a distinctive hint of salinity are characteristic of the variety. Pairs beautifully with crab and other seafood, tapas, and roasted root vegetables.



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