

Seared Scallops with Sautéed Kale

<http://thedomesticman.com/2012/12/18/seared-scallops-with-sauteed-kale/>



*1 lb Alaskan scallops
1/2 lb pork sausage
1/2 lb bacon, cooked and chopped (set aside 1 tbsp of the bacon grease)
1/4 lb kale, coarsely chopped
1 shallot, chopped finely
1/2 cup chicken broth
1 tsp apple cider vinegar
1 tsp each salt and pepper
1/4 tsp red pepper flakes
3 tbsp butter*

In a large pan on medium heat, sauté the sausage until cooked through. One note while cooking the sausage, be sure to break it up pretty often with a wooden spoon as it cooks. The point of this recipe is to let the sausage fall all over the kale and scallops, so you don't want big chunks of sausage. Once the sausage is cooked, set it aside with the cooked and chopped bacon. Be sure to keep your pan that you cooked the sausage in handy, you'll be using it to sear the scallops. You'll also notice that I didn't include any instructions on how to cook bacon. This is a Paleo-centered blog, I'm sure you know how to cook it :)

Gently rinse your scallops in cool water and pat dry with a paper towel or two. Season the scallops with 1/2 tsp each salt and pepper, and set aside.

In a skillet, warm 1 tbsp of the bacon grease and 1 tbsp butter on medium/low heat for about two minutes. Add the chopped shallot and sauté for about three minutes, until aromatic and slightly translucent. When the shallot is ready, add the coarsely-chopped kale and mix it together with tongs until well-coated. Sauté for two minutes, turning often. Add the red pepper flakes, apple cider vinegar, chicken broth, and the remaining 1/2 tsp salt and pepper to the kale, mix together, then cover and simmer for about four minutes. This is what it'll look like when it is ready, and most of the chicken broth will have evaporated. Turn off the heat and set aside.

Heat the remaining 2 tbsp of butter in the pan you used to cook the sausage, on med/high heat, until melted but before the butter starts to brown – about two minutes. Raise the heat to high and add the scallops. Sear the scallops for about three minutes per side, until slightly browned. That's basically it – just plate the dish with the kale, then the sausage, then the scallops, and sprinkle the bacon on top. Quick, easy, and super delicious.