

### DESTINATION 3

# shiretoko peninsula, japan

## Hotate Gai No Kimi Yaki – Seared Scallops



**Servings:** 5

### Ingredients:

Sauce:

- ½ cup mayonnaise
- 1 large egg yolk
- 1 tablespoon Mirin (sweet rice wine)
- ¼ teaspoon ground ginger
- 1 teaspoon orange zest

1 lb. baby carrots, peeled, trimmed

1 lb. asparagus, trimmed

2 tablespoon canola or peanut oil, divided

2 tablespoon unsalted butter, divided

½ lb. button mushrooms, sliced

1 – 1¼tpounds large, dry sea scallops  
(about 15 – 20)

pinch of salt

### Instructions:

Whisk together sauce ingredients in a small bowl and reserve.

Bring saucepan of salted water to boil. Blanch carrots for 1 minute and remove from water; then quickly blanch asparagus for about 30 seconds. Drain; run under cold water, then pat dry.

Heat large sauté pan to medium high; add 1 T. oil and 1 T. butter. Sauté mushrooms to golden brown, remove from pan and reserve. Quickly sear carrots; reserve. Then quickly sear asparagus and reserve.

Pat scallops dry. Season lightly with salt. Wipe sauté pan clean; heat to high; add remaining oil and butter and sear scallops about 1½ minutes per side for a golden crust and rare in the middle.

To plate, add a dollop of sauce, top with scallops alongside the medley of vegetables.