



## **SEARED SCALLOPS WITH BELL PEPPER SAUCE AND COCONUT RICE**

Recipe courtesy of Chef Hemant Mathur of Tulsi

Serves 4

1 tablespoon ginger-garlic paste  
2 teaspoons freshly squeezed lemon juice  
1 teaspoon garam masala  
1/2 teaspoon chilli powder  
1/4 teaspoon turmeric  
Salt to taste  
2 pounds large sea scallops  
2 tablespoons canola oil  
Bell Pepper Sauce (recipe follows)  
Coconut Rice (recipe follows)

In a large bowl, whisk together the ginger-garlic paste, lemon juice, garam masala, chilli powder, turmeric and salt. Add the scallops to the marinade, cover and refrigerate for 2 hours.

Heat a large skillet over medium-high flame, add the canola oil and distribute evenly. When the oil is hot, but not smoking, place the scallops in the pan and cook till golden brown, about 2 minutes on each side. Serve immediately with Bell Pepper Sauce and Coconut Rice.

### **Bell Pepper Sauce**

4 whole red bell peppers  
1 tablespoon canola oil  
1/4 cup olive oil  
1 tablespoon carom seeds  
Salt to taste

Heat the grill to 350 degrees.

Rub the bell peppers with canola oil and roast, turning occasionally, until the peppers are soft and nicely charred all around. Transfer the peppers to a bowl and immediately cover with plastic wrap. Set aside to cool. When the peppers are cool, remove the skin and seeds.

Place the peppers in a blender with the olive oil and puree till smooth. Add the carom seeds and salt to taste. Set aside at room temperature until ready to serve.

### **Coconut Rice**

7 cups cooked plain basmati rice, drained, spread out on a baking sheet and cooled to room temperature (made with 2 cups of uncooked rice)

3 tablespoons canola oil

6 whole dried red chillies

2 teaspoons black mustard seeds

12 fresh or 16 frozen curry leaves, torn into pieces

1 small onion, finely chopped

1/2 cup unsweetened shredded coconut

1 ½ teaspoons salt

1 cup buttermilk

Juice of 1/2 lemon

Heat the canola oil in a saucepan with a lid over medium-high heat. Add the red chillies and cook for 2 minutes. Add the mustard seeds, cook for 1 to 2 minutes, until the seeds crackle and pop (cover the pan to avoid splattering). Add the curry leaves, chopped onion, coconut and salt, and cook, stirring frequently, until the onions and coconut turn a golden color, 4 to 5 minutes.

Add the buttermilk and bring to a simmer. Add the cooked rice and stir gently. Cover and reduce the heat to medium and continue to cook for a couple of minutes till all the liquid in the saucepan disappears. Stir in the lemon juice, taste for salt and serve hot.