

# Seared Scallops & Tenderloin Steaks

(with manhattan sauce)

## CHOOSING TENDERLOINS

Look for red meat with little to no marbling or fat.

From a young age, **Dennis Buettner, Sous Chef at Firebirds Wood Fired Grill in Gainesville**, had an appreciation and affinity for cooking that stemmed from growing up in a family of non-professional chefs. While he most enjoys creating new food experiences using simple ingredients, he is well-known for his homemade sweet potato chips and best-ever soups and sandwiches around his neighborhood in Haymarket. Basically, if he's cooking, you want an invite to the party just to experience some of his dishes. And while a self-proclaimed non-expert on the romantic side of the holiday, when asked for a recipe anyone could prepare for a loved one on this holiday, he gave us this suggestion.

## INGREDIENTS:

- Extra virgin olive oil (EVOO)
- 4 (1-inch thick) tenderloin steaks
- 8 large diver sea scallops, trimmed
- Kosher salt and cracked pepper
- 1 large shallot, chopped
- 2 cloves garlic, chopped
- 1/3 cup sweet vermouth
- 2 tablespoons butter
- 1 pound asparagus, trimmed
- 1/2 bunch fresh thyme
- 2 bunches fresh sage
- 1/2 lemon, juiced

## 3) THE SAUCE:

1. Heat a saucepan to medium heat and add about a tablespoon of EVOO.
2. Add shallots and garlic, cook about 2 minutes.
3. Add the sweet vermouth and reduce by half (boil until half the liquid is evaporated). This should only take about 30 seconds.
4. Add the butter to the pan and stir until all the ingredients are incorporated.

## 4) THE VEGETABLE:

1. Place 2 inches of water in a medium sized pot and let it come to a boil.
2. Add the asparagus to the water and cook for 2 to 3 minutes. Cook till *al dente*.
3. Remove the asparagus.
4. Drizzle it with EVOO, squeeze lemon on it, and season with a little salt and pepper.

## 2) THE SEAFOOD:

1. Drizzle more EVOO over the scallops and season them just like the steaks.
2. Again, heat the skillet until smoking hot, add more EVOO
3. Place the thyme in the pan whole. Discard when the scallops are cooked.
4. Add the scallops, and cook 2 to 3 minutes on each side until well caramelized on both sides and firm to the touch. Remove from heat.

## 1) THE MEAT:

1. Drizzle some EVOO over the steaks - just enough to coat them lightly.
2. Season with kosher salt and fresh cracked pepper.
3. Heat a nonstick skillet until smoking hot, add the tenderloins
4. Cook for 3 minutes on each side - this will cook it medium rare.
5. Cook an extra minute for medium or medium well temperatures.
6. Remove meat from heat to allow it to rest.

## 5) PREPARING THE PLATE:

1. Place each tenderloin on a plate and drizzle Manhattan sauce over the tops.
2. Once the pan is empty, heat about 2 tablespoons EVOO until smoking hot.
3. Add fresh sage and fry until crispy.
4. Back to the steaks - place 2 scallops on top of each steak.
5. Serve asparagus alongside.
6. Sprinkle the fried sage over the whole dish.



## WHY DIVER SCALLOPS?

These scallops, hand-picked off a rock by divers, are more ecologically friendly and less gritty.

