

SEAFOOD DINNER

Serves 2

- SCALLOPS (X 4)
- PRAWNS (X 6)
- PEROGIES
- MUSTARD CREME FRAICHE
- RED ONIONS
- RED PEPPERS

The Bistro
at hillside
WINERY

SPRING PEA PEROGIES

PEROGIES (6)
MUSTARD CREME FRAICHE

PREPARING PEROGIES

1. On low to medium heat, in pan with butter, fry perogies on both sides until golden brown and heated through.
2. Remove and plate, topping with mustard creme fraiche to finish.

PRAWNS

PRAWNS (6)

PAN FRY OR GRILL PRAWNS

1. In a pan with butter, over medium heat, set the prawns in gently.
2. Cook until pink color and remove from heat. Season with salt & pepper.

OPTIONAL METHOD: Cook on Grill until pink in color.

SCALLOPS

SCALLOPS (4)

SEAR SCALLOPS

1. Dry the scallops on paper towel while you warm up a frying pan over medium heat.
2. Once frying pan is hot, drizzle olive oil into the pan and place in the scallops. (do not overcrowd the pan, it will cool too quickly). Sear the scallops for 1 minute each side or until golden brown and crispy.
3. Finish cooking scallops in 350 oven for 3 -5 minutes.

PRO TIP: place a toothpick in the largest scallop before placing in the oven. Scallops are ready if you remove the tooth pick and it is hot to the touch on the inside of your wrist.

FINGERLING POTATOES

SAUTÉ POTATOES

1. In a pan over medium high heat, add 2 tbsp butter and melt till warmed, but not burned. Once hot, add potatoes into the pan face down and let sear. Season with salt and pepper to taste.
2. Once seared, place potatoes onto the plate and serve with scallops and prawns.

VEGETABLES

RED ONION
RED PEPPER

SAUTÉ VEGETABLES

1. In a pan over medium high heat, add 2 tbsp butter and melt till warmed, but not burned. Once hot, add red onion and red peppers and saute until slightly browned and softened. Season with salt and pepper to taste.
2. Serve on top of scallops and prawns.

Optional add-on:

SOCKEYE
SALMON

HOW TO PREPARE:

1. Let salmon sit at room temperature for 10 minutes.
2. While resting, bring a frying pan to medium-high heat with 1 tbsp oil. (Canola works best)
3. Once pan is hot, add salmon. Be sure to sear skin side down and lay into the pan away from you. Let sear for approx. 2 minutes. Flip and put salmon into the oven at 350 degrees for 7 minutes. Pull from oven and serve.