

EVERBLOSSOM FARM RECIPES

SCALLOP & SNAP PEA STIR FRY BY JODÉ LEMMON

I'm no crazy Martha Stewart fan or anything, but this recipe is a variation from her Everyday Food Magazine, June 2004, issue #13, page 35. It uses the **snap peas**, **spring onions**, and **cilantro** in your box this week. If you subscribe to this magazine and happen to save and file your issues chronologically...um, or, anyway...you can read how the whole pea pod is tender and edible, so no shelling is necessary. With our variety, you should snap off the tough ends and pull off the strings on each side.

Scallop & Snap Pea Stir Fry

Serves 4

1 Tablespoon olive oil
1 Pound small sea scallops, side muscle removed
Salt
3 Spring onions, halved and sliced thick
1 Tablespoon grated fresh ginger, (or 2 tablespoons dried ginger)
½ Pound snap peas, trimmed
½ Cup water
Juice of ½ a lime
½ Teaspoon Asian garlic – chili sauce, or your favorite Asian sauce
Small bunch of cilantro, stems removed (about ½ cup loosely packed leaves)

In a large non-stick skillet over high heat, warm oil for about a minute. Swirl to cover the bottom of the pan and add scallops, flat sides down. Cook until browned on both sides, 2 to 3 minutes per side. Season with salt and transfer to a plate.

Reduce heat to medium. Add onion and cook, stirring, until browned. Then, add ginger, snap peas, and ½ cup water. Stir occasionally until peas are crisp-tender and water has evaporated, about 3 minutes. Remove from heat.

Add scallops back to the pan along with lime juice, Asian sauce, and cilantro. Toss to coat. Salt again if necessary.

Kitchen Notes: Shrimp can be substituted for the scallops. Soy sauce can be used as the Asian sauce. Okay, so I'm a Martha Stewart fan, but I'm not crazy...

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

