

CAPE COD COMMERCIAL
**FISHERMEN'S
ALLIANCE**



Sea Scallops on Linguine

The sweet yet briny taste of fresh, day-boat sea scallops can't be beat. Fishermen like Beau Gribbin take great pride in the high quality scallops they bring to shore. Scallops are delicate, and this simple pasta recipe makes them the star. It can easily be adapted using any local seafood to give it the limelight it deserves.

Serves four.

Ingredients:

- 1 pound linguine
- salt for pasta water
- 4 Tablespoons of extra virgin olive oil (EVOO)
- 4 cloves garlic, chopped
- 1/4 teaspoon red pepper flakes, or to taste
- 1/2 cup white wine
- 4 Tablespoons chopped fresh Italian (flat leaf) parsley

First thing: Get the pasta water boiling with some salt. Scallops cook quickly and you don't want them overdone, so they are just about the last thing you add.

Heat olive oil on low. Add chopped garlic and red pepper flakes and sauté until garlic is translucent. Don't let the garlic brown. Turn off heat if needed. When the pasta water boils, add the linguine and start the timer. When there are five minutes left for the linguine, add the scallops to the pan and cook slowly over low heat. Then, turn heat up a little and add white wine so you'll have a sauce. Take a coffee cup, scoop out some of the pasta water and set it aside. Drain linguine when al dente and add to the scallop pan. Toss it well, adding chopped parsley. If you need a bit more sauce, you can add some of the pasta water and fresh EVOO. Serve with crunchy French bread, but no grated cheese. (Per Italian tradition, you don't put cheese on seafood as it will mask its delicate flavor.)