



Metro Birmingham Living



ArcLight Stories

Three great tales from the popular story telling series

DIABETES + AUTISM

The search for answers

MODERN LOVE

The many splendid ways we love

A NEW HEART FOR SADIE

For Gary and Bernadette Chapman and their daughter Sadie, the waiting is the hardest part

A PORTION OF THE PROCEEDS FROM THIS MONTH'S NEWSSTAND SALES WILL BE DONATED TO COTA FOR SADIEC

ISSUE 112

REGENT PRODUCTIONS MASTER
 1000 1ST AVENUE N
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MELOAN BRIDMAN
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 GREEN OAKS METRO
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taste.

Taste: Vino

Prepare: Galley and Garden's

Scallop and Corn Nage

Sip: Frank Family Wines

Savor: Another Broken Egg

What's Fresh: Father's Day Feast

Pure: Dayspring Dairy

taste

prepare

Cook-Out Galley and Garden's James Boyce shares scallop and corn nage.

By Jan Walsh // Photography by Beau Gustafson

Executive chef James Boyce prepares Maine diver sea scallops and local corn nage. It is such a beautiful day that we decide to cook it on Galley and Garden's patio, surrounded by their garden.

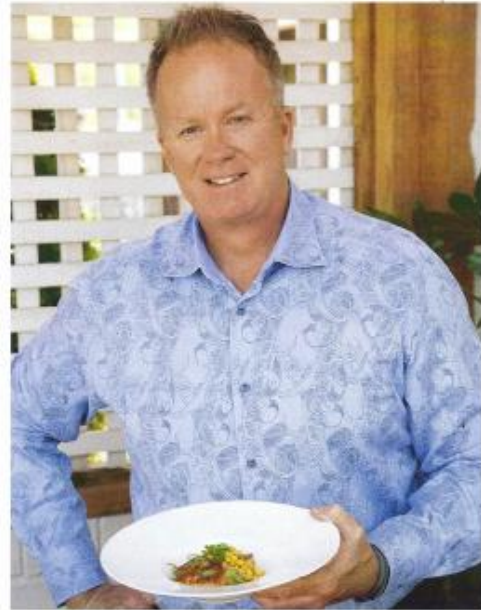
Nage is a broth flavored with white wine, vegetables, and herbs. It is used to poach seafood, and afterward reduced and thickened with cream or cream and butter. The term nage is derived from the French term *à la nage* ("while swimming") and refers to cooking in a well-flavored court bouillon. Eventually nage's meaning evolved to a broth, which can be served as a light sauce with the dish, just as Boyce does today.

Ingredients

- 1 shallot, thinly sliced
- 2 tablespoons whole butter
- 1 cup fresh silver-ear white corn
- 2 cups chicken stock
- ¼ cup heavy cream
- salt and pepper
- 1 teaspoon olive oil
- 12 Maine diver scallops, patted dry

Procedure:

Place shallot and butter in a heavy saucepan and sweat slightly. Add corn to pan with chicken stock and heavy cream. Cook for seven minutes. Allow to cool slightly. Puree in a food processor until smooth using care, as with any hot liquid. Adjust seasoning to taste and hold warm. Meanwhile, place a large skillet on medium high heat and allow oil to heat. When oil is very hot, but not smoking, place seasoned scallops in pan. Cook on each side for two minutes, allowing a golden crust to form. Remove from pan and keep warm. Spoon half of the corn nage onto a warm tray and place scallops on top. Serve remaining corn nage with individual plates. Serves six. •



View video demo of this dish at BirminghamRestaurants.com/Recipes. Try it in the restaurant, then try it at home!

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