



Linguine with Scallops, Sun Dried Tomatoes and Pine Nuts

1 ½ pounds sea scallops
¼ cup pine nuts
¾ pound linguine
6 tablespoons olive oil
½ cup drained oil packed sun-dried tomatoes—cut into ¼ inch pieces
6 cloves of minced garlic
Chopped fresh Italian parsley
Dried red-pepper flakes
Kosher salt

Heat oven to 350° F. Spray a baking sheet with PAM and place the pine nuts on it and toast for about 8 minutes (be careful not to burn them). Bring a large pot of water to a boil and add three large pinches of kosher salt. Cook the linguine in the boiling water until it is al dente or has a medium-hard center when you bite into it. Drain the linguine.

Heat 1 tablespoon of olive oil in a large non-stick fry pan over medium high heat until the oil is very hot. Sprinkle some salt over the scallops and place them in the sauté pan; sear them until they are brown on the bottom—about 2 minutes—flip and sear on the other side until brown—about 2 more minutes longer. Remove the scallops from the pan and slice into quarters.

Using the same pan used for the scallops, heat the remaining 5 tablespoons of olive oil over medium heat. Add the drained sun-dried tomatoes, garlic, some chopped parsley, red pepper flakes and dash of salt. Stir and cook for one minute. Toss this with the linguine, scallops and pine nuts. Add some chopped parsley and toss again. Serves 4.

Suggested wine pairing:
Dry Creek Vineyard Fumé Blanc