



Saffron and Lemon Risotto with Scallops

[Cape Ann Fresh Catch](#)

Ingredients

- 16 Scallops
- Juice of 1 lemon
- 3 tablespoons butter
- 1 tablespoon olive oil, extra for brushing
- 1 small onion, finely chopped
- 1 1/2 cup arborio rice
- 1 tsp crumbled saffron threads
- 5 cups fish or vegetable stock
- Salt and pepper
- 2 tbsp vegetable oil
- 1 cup grated parmesan cheese
- 1 lemon, cut into wedges

Directions

1. Place the scallops in a glass bowl and mix with lemon juice. Cover and chill for 15 minutes.
2. Melt 2 tbsp of butter with oil in a pan over medium heat. Add the onions, stirring occasionally until soft. Add the rice and mix to coat. Cook, stir until rice is translucent. Dissolve the saffron in 4 tbsp of hot stock and add to the rice. Gradually add the remaining stock, stirring constantly until the liquid is absorbed and rice is creamy, season with salt and pepper to taste.
3. Preheat a grill pan over high heat. Brush the scallops with oil and sear on the pan for 3-4 minutes on each side. Don't overcook or they'll become rubbery.
4. Remove the risotto from the heat and add the remaining butter. Mix well and then stir in the cheese until it melts. Season with lemon juice, adding 1 tsp at a time and taste as you go. Serve the risotto with scallops and lemon wedges arranged on top.

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