

## Richmond Scallops

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I don't know whether this has an official name but I call it this because I was introduced to the basic idea in Richmond, Virginia whilst visiting friends. It's quite a rich combination so I think it makes a better starter than it does a main course but that's up to you. For a main course, increase the quantities accordingly.

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### Planning

serves:	4
prep time:	30 mins
cooking time:	15 mins

### Ingredients

1 large red pepper  
8 oz scallops (preferably  
without the roe)  
5 fl oz whipping cream  
1 oz butter  
pinch of nutmeg  
8 oz fettucine (preferably  
black but white will do)  
salt and pepper

### Method

Trim the scallops if necessary and halve each to form two thinner discs of meat.

Roast the red pepper (I flatten them out and put them close to a very hot grill) and skin them. Cut the flesh into thin strips (about ¼ cm).

Melt the butter over medium heat in a sauté pan and sweat the red pepper strips for about five minutes without colouring them further. (While these are cooking, you can get the boiling water ready for the pasta.) Add the scallop discs and cook them gently for 2 - 3 minutes stirring occasionally. Sprinkle in the nutmeg (don't overdo it) and stir in the cream. Bring it to a gentle simmer, season with salt and pepper and it's ready.

Cook the pasta in salted water according to its own instructions. Drain the pasta and mix in a little of the scallop/cream liquid. Divide it into portions and pour the scallops and red peppers on top.