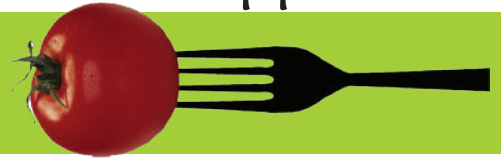


## Seared Scallops with Vanilla Sauce



½ pound sea scallops  
1 tablespoon butter  
1 cup cream  
2 tablespoons shallots (minced)  
1 clove of garlic (minced)  
parsley for garnish(chopped)  
vanilla beans

### How to Prepare:

Melt butter in a 12-inch frying pan. Add scallops and cook until just done, about one minute per side. Remove from pan and keep warm. Add shallots and garlic to the pan and sauté for two minutes. Add cream and vanilla beans . Cook and stir over medium heat until slightly thickened. Add scallops back to the pan and stir. Top with chopped almonds that have been lightly toasted. Sprinkle with fresh parsley. Serve.

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 **DOWNTOWN**

NORFOLK RESTAURANT WEEK JANUARY 22-29, 2012