

Just Eats with Chef JJ
CLEO TV
Wine and Dine
115



Yield: 4 servings

Total Time: 20 to 25 minutes

Seared Scallops Mushrooms

Recipe Courtesy of Chef JJ Johnson

Ingredients:

Seared Scallops

1-pound sea scallops

Salt (to taste)

Grapeseed oil

Method:

1. In a large sauté pan or cast-iron pan, heat the grapeseed oil over high heat.
2. Season the scallops with salt and pepper and sear.
3. Sear the scallops until the tops are golden brown about 2-3 minutes. Flip over and sear the bottom for about 1 to 2 minutes. Do not overcook, the scallops should be cooked to medium rare.

JJ's Tip: The best way to cook scallops are to medium rare.

Yield: 4 servings

Total Time: 20 to 25 minutes

Seared Mushrooms

Recipe Courtesy of Chef JJ Johnson

Ingredients:

Seared Mushrooms

3 medium clusters of oyster mushrooms

Salt (to taste)

Pepper (to taste)

Grapeseed oil

Method:

1. In a large saute pan or cast iron, heat the grapeseed oil over high heat.
2. In a medium bowl, season the oyster mushrooms with salt, pepper, and a generous amount of oil because the mushrooms will absorb the oil.
3. Sear the mushrooms in the pan and rotate as they cook to brown on all sides.
4. Remove from the pan and serve.

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Yield: 4 to 6 servings
Total Time: 10 minutes

Grilled Baby Zucchini
Recipe courtesy of Chef JJ Johnson

Ingredients:

10 baby zucchini, cut in half lengthwise
Salt (to taste)
Pepper (to taste)
Grapeseed oil

Method:

1. Heat a grill over high heat.
2. In a large bowl, season the zucchini with salt and pepper and drizzle with oil.
3. Grill the zucchini until the grill marks are golden brown and the zucchini is tender approximately 4 to 6 minutes.

Yield: 4 servings

Total Time: 30 to 35 minutes

Coconut Milk Grits

Recipe courtesy of Chef JJ Johnson

Ingredients:

4 cups coconut milk
1 cup grits
4 heads garlic
1 bunch thyme
1 sprig rosemary
Salt (to taste)
Pepper (to taste)
Grapeseed oil

Method:

1. In a medium sauce pan steep the garlic, thyme, and rosemary in the coconut milk over medium low heat for about 10 minutes. Then turn up the heat and bring the mixture to a simmer.
2. Add in the grits and whisk every few minutes to avoid lumping.
3. The grits should cook for about 30 minutes until the liquid has been absorbed. Then serve.