



Grilled Scallops with Basil and Lavender Essence

Source: Intercourse cookbook

Serving Size: 2

Prep Time: 30 min

Cooking Time: 5 ~ 10 min



Instructions

- Combine the basil, garlic, salt, and pepper in a blender or food processor; process until smooth
- Add the 2 drops of lavender essence oil to 1 tablespoon of the olive oil, then add to the processed mixture.
- **Let stand for 30 minutes**
- Cut a deep horizontal slit through the scallops, but not the whole way through
- Fill with the basil mixture; close with a wooden pick
- Grill for 2 to 3 minutes on each side, Drizzle with the remaining 1 tablespoon olive oil.

Ingredient List

- 20 Fresh basil leaves
- 1 Clove garlic
- 1 teaspoon pepper
- 2 drops essential oil of lavender (Substitute: Fresh Lemon Juice)
- 2 tablespoons olive oil
- 12 large sea scallops (about 2 lb)

NOTE: NEVER, substitute a true essential oil with a less-expensive, synthetic version. *IF, lavender oil is unavailable, sprinkle the grilled scallops with fresh lemon juice.*