

How To Pan Sear Scallops

Ingredients

1-2 lbs Dry Sea Scallops
Kosher Salt
1 tbsp Butter, unsalted
1 tbsp Vegetable Oil
Lemon juice, if desired

Directions

Season scallops with kosher salt. Heat a non-stick pan over high heat. Add butter and vegetable oil to pan. The butter & oil needs to be HOT! Heat till it just begins to smoke.

Place scallops flat side down in hot pan. Do not overcrowd. Do not move scallops around the pan. Cook for 2-3 minutes.

Peak at scallops. If you see a nice, caramel-colored crust, they are ready to flip. Cook for 1-2 more minutes on the second side. Scallops will continue to cook so serve immediately. Serve with melted butter or lemon juice, if desired.

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