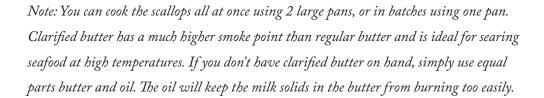
SEARED SCALLOPS WITH GARLIC AND HERBS

Mild, sweet, and tasting of the sea, scallops are sustainable, delicious, and incredibly easy to make. Rich in Omega-3 fatty acids, they're also an insanely healthy source of lean protein. With a few tricks up your sleeve (perfectly dry scallops, simple seasoning, a screaming hot pan, and a basting of garlic and shallot butter at the end) you'll be plating up 5 star scallops with the best of them!

Prep time: 10 minutes

Cook time: 5 minutes

Serves 6



Remove the side muscle from the scallops, rinse with cold water, and thoroughly pat dry with paper towels. Season the scallops with salt and pepper.

Heat two pans over high-heat and add a thin layer of clarified butter (or a combination of olive oil and butter) to each pan. When very hot, add the scallops and sear for 1-2 minutes, or until the scallops form a golden brown crust.

Flip the scallops over and toss 2 tablespoons of fresh butter, 1 crushed garlic clove, and 1 tablespoon of minced shallots into each pan. Using a spoon, quickly baste the scallops with the garlic and shallot butter, and cook for 1 to 2 minutes more.

Discard the garlic cloves and garnish the scallops with a squeeze of lemon juice and fresh herbs. Serve immediately.

Ingredients:

2 ½ pounds sea scallops
clarified butter
4 tablespoons butter
2 large cloves of garlic,
crushed
2 tablespoons minced
shallots
handful of fresh chives or
parsley, minced
squeeze of lemon juice
Kosher salt and freshly
ground pepper, to taste

Two 12-inch cast iron skillets or nonstick frying pans