

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



Note: You can cook the scallops all at once using 2 large pans, or in batches using one pan. Clarified butter has a much higher smoke point than regular butter and is ideal for searing seafood at high temperatures. If you don't have clarified butter on hand, simply use equal parts butter and oil. The oil will keep the milk solids in the butter from burning too easily.

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