

Succulent Seared Sea Scallops

Scallops make for an elegant dish but cooking them is pretty simple and straightforward!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

8 each (U-10)	Sea Scallops, cleaned
3 tsp	Canola or Vegetable Oil
¼ tsp	Kosher Salt
To taste	Black Pepper
2 tsp	Butter, unsalted

CHEF'S NOTES

Scallops come in a wide variety of sizes, just like shrimp. We recommend a large scallop (U-10 or U-12) for serving as an. These numbers reflect how many scallops you get in a pound (ex: U-10 means less than 10 per pound). Bay scallops are smaller and work well in dishes like pastas.

[The little 'foot'](#) on the side of a scallop is the abductor muscle. While it is technically edible, it's tougher than the rest of the scallop, so chefs remove it for best texture and a neat final presentation.

Cleaning the scallops removes any sand or particles - it is important to rinse them well before cooking.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Rinse the scallops under cold water, removing any sand or grit. Once rinsed off, remove the small tough muscle on the side of the main scallop, commonly referred to as "the side foot". Using paper towel, pat the scallops dry. Gently sprinkle half of the salt, and the desired amount of pepper on the first side of the scallops, flip them and sprinkle the rest of the salt and the desired amount of pepper on the other side.
3. In a heavy skillet or cast-iron pan, heat the oil over high heat. Once the oil is hot and starting to smoke, using tongs or a spatula, gently add the scallops to the pan. Allow the scallops to form a darker brown edge, and light brown color about a quarter of the way up the sides, about 2-4 minutes. If needed, rotate the pan to allow for even browning on all of the scallops.
4. Once the scallops reach the desired brownness, flip them and add in the butter. Repeat the browning process on the other side. While browning on the second side, tilt the pan and use a spoon to baste the butter over the tops of the scallops, about 2-4 minutes. Once done, remove the scallops from the pan and serve immediately.

