

Stove Top Sea Scallops



Serves: 2

Ingredients:

- 3/4 Pound Defrosted Sea Scallops- (about 5 scallops per serving)
- Pinch of salt (optional). (Scallops have a high salt content, so I don't add any.)
- Ground black pepper to taste
- 1 tablespoon unsalted butter (You can use olive oil if you prefer.)

Good-Looking Grub

Directions:

1. Check each scallop for a side muscle and remove.:. A side muscle is a loose section called a tag. It's located on the side of the scallop and easily peeled away. The muscle is safe to eat but makes the scallop tough- so they're best removed.
2. Rinse the scallops and pat them dry with paper towels. Remove the excess moisture will help the scallops turn golden when cooked.
3. Under medium-high heat, melt the butter/olive oil in a large pan. When you start to see bubbles form and the liquid is hot, add the scallops.(You can check to see if the liquid is hot enough by dropping one scallop in the pan. If it lightly sizzles, add the rest of the scallops. If it doesn't sizzle wait a minute or two before adding the rest of the scallops. (For best results use a large pan. Crowded scallops won't cook or brown as well.
4. Cook the scallops for about 2 minutes and turn them over.
5. Cook for another 2 - 3 minutes. The scallops should now be golden brown, and the sides should be opaque. The texture should be firm to the touch, but still soft-like Jello. Be careful not to overcook the scallops. They'll become tough.