



Noreen's Kitchen

Pan Seared Sea Scallops

Ingredients

2 pounds fresh sea scallops
Olive Oil
Salt

Pepper
Fresh Lemon Juice

Step by Step Instructions

Heat a sauté pan over medium heat.

Clean fresh scallops and remove their beards, the small piece attached to the main muscle. This will be very tough and hard to enjoy.

Dry scallops on paper toweling.

Season the scallops with salt and pepper on one side.

Add 2 tablespoons of olive oil to the hot pan.

Place scallops into the pan in a clockwise motion, seasoned side down.

Season the top side of the scallops with salt and pepper.

Allow scallops to sear in the oil until they are easy to remove and flip over. They will let you know when they are ready. The seared side should be golden and beautiful, not pale.

Flip scallops over in the order you placed them in the pan and allow second side to sear.

Squeeze a few drops of fresh lemon juice over each scallop before removing from the pan.

It is better to undercook the scallop just a bit instead of leaving them in the pan too long. Otherwise they will become rubbery. Carryover cooking should take care of the scallop while they rest.

Serve with rice pilaf or your favorite seafood side dish.

ENJOY!

