

HOOKED ON FISH

Fresh. Simple. Sustainable.

Seared Scallops with Lemon and Butter

HOF

1 tablespoon unsalted butter
1 pound scallops
Kosher salt and freshly ground black pepper, to taste
2 tablespoons unsalted butter
2 cloves garlic, minced
Juice of 1 lemon
Kosher salt and freshly ground black pepper, to taste
2 tablespoons chopped fresh parsley leaves

Melt 1 tablespoon butter in a large skillet over medium high heat.

Remove the small side muscle from the scallops, rinse with cold water and dry thoroughly (you want to scallops to be completely dry).

Season scallops with salt and pepper, to taste. Working in batches, add scallops to the skillet in a single layer and cook for about 2 minutes, then flip and cook for one more minute. Scallops should be golden brown on the outside and translucent in the center. Set aside and keep warm.

To make the lemon butter sauce, melt 2 tablespoons butter in the skillet. Add garlic and cook, stirring frequently, until fragrant, about 1 minute. Stir in lemon juice; season with salt and pepper, to taste.

Serve scallops immediately with lemon butter sauce, garnished with parsley, if desired.
Serves 4