



Sautéed Scallops With Lemon-Mustard Sauce

1 lb. sea scallops, patted dry
All-purpose flour
1 T. olive oil
2 T. butter
1 shallot, minced
2 T. fresh lemon juice
2 T. sherry
1 t. spicy Dijon mustard
1 T. lemon zest

Sprinkle scallops with salt and pepper to taste; dust with flour. Heat oil in large skillet over high heat.

Add scallops; saute until brown and just cooked through, about 3 minutes per side.

Remove skillet from heat. Using tongs, transfer scallops to platter.

Add butter and shallots to skillet and saute until golden. Add lemon juice, 2 tablespoons sherry and mustard to skillet and scrape up browned bits.

Place skillet over medium-low heat.

Whisk until sauce simmers and thickens, about 2 minutes.

Season sauce with salt and pepper; spoon over scallops. Sprinkle a little lemon zest on top before serving.

Serves 4.