



## **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.**