



*Absolutely monkey proof and
one of the best recipes you'll
ever use for scallops*

Sautéed Scallops ala Landon

Ingredients:

1# sea scallops directly from their containers so their liquid will help the breader adhere

All-purpose flour or breadcrumbs seasoned with salt and pepper – Old Bay Seasoning is also good in place of the salt.

3 T. EVOO, Avocado oil, or Grapeseed oil,

2 T. Butter

1 T. Lemon Zest (optional)

Sprinkle scallops lightly with salt and pepper, roll in flour or crumbs. Heat oil in large skillet over medium- high heat (not smoking).

Add scallops and sauté until deep brown, 3 minutes per side for large scallops, less for smaller. (Set a Timer.) Overcooked scallops are like pencil erasers and these things cost too much to allow any distractions to cause overcooking.

Preparation:

Transfer scallops to a platter with tongs. (Use your fingers, I don't care, but these things are "hot".)

Add butter to skillet and cook until golden scraping up browned bits and spoon over scallops.

Sprinkle a little lemon zest on top before serving.

Serves 4. (You might want to get 1 ½ pounds of scallops next time to serve four.)

Suggestions: Make your own dried-bread crumbs by drying several slices of low-carb bread in a 200-degree oven for an hour. Do more than you need for this recipe and store the remainder in a ziplock-type bag in the fridge for other sautéed foods. Fresh breadcrumbs are also wonderful. Cut the crust off several slices of bread and throw the insides into a food processor. Use the pulse button until the bread is turned into crumbs. Make extra and store in your freezer for next recipe.