

Garlic Lemon Butter Seared Scallops



5 from 18 reviews

These scrumptious Garlic Lemon Butter Seared Scallops are honestly the best way to prepare scallops. You too can cook like a head chef.



Author: Small Town

Woman

Prep Time: 5

Yield: 2 1x

Cuisine: American

Cook Time: 5

Category: seafood

Total Time: 10 minutes

Method: stove top

INGREDIENTS

SCALE

1x

2x

3x

- 1 1/4 lb sea scallops side muscle removed
- 1 1/2 tablespoons olive oil
- 3 tablespoons butter
- 1–2 cloves of garlic minced
- 2 tablespoon fresh lemon juice
- 1 1/2 tablespoons fresh chopped parsley
- Salt & pepper

INSTRUCTIONS

1. Pat the scallops dry with paper towels and sprinkle with a pinch of salt right before cooking.
2. Add olive oil and 1 tablespoon butter to a large saute pan over medium high heat. Get the fat good and hot and almost to smoking point. Add scallops and sear for 1 1/2 -2 minutes on each side. They should have a golden crust on each side. Do not overcrowd the pan so if necessary cook in batches. As cooked remove to plate.
3. Wipe out skillet. Add 2 tablespoons butter to same skillet over low heat. Add garlic and cook until fragrant; about 1 minute. Add lemon juice and return scallops to pan. Warm scallops for 1-2 minutes; turning several times to get them in the lemon butter. Sprinkle with parsley, salt and pepper to taste and serve immediately.

NOTES

If using frozen scallops they should be completely thawed.

Let scallops rest for 5 minutes at room temperature.

Make sure the scallops have been dried thoroughly.

Scallops cook very quickly and become tough and chewy if overcooked.

Scallops become opaque when cooked through