

Lemon Garlic Butter Scallops

Ingredients

- 1 pound sea scallops
- sea salt and fresh cracked black pepper
- 2 tablespoons olive oil
- 3 tablespoons butter
- 2 cloves garlic grated
- 1 lemon cut in 4 wedges
- 1/4 cup white wine chardonnay, pinot grigio or sauvignon blanc
- 2 tablespoons fresh parsley chopped

Method

Gather and prep all ingredients before you start cooking because the scallops will cook really quickly.

Thoroughly dry the scallops using paper towels. This is an important step to getting the beautiful sear shown in the photos.

Add the olive oil to a large skillet over medium high heat.

When the oil is hot, carefully add the scallops without overcrowding cooking 1 1/2 - 2 minutes per side allowing them to sear then remove them from the skillet onto a plate.

Once all the scallops are cooked, reduce heat to low and add the butter and garlic cooking for 1 minute then pour in the wine and scrape up the brown bits from the bottom of the skillet. Cook 2 minutes letting the wine reduce then add juice from one wedge of lemon.

Taste and add more lemon juice if preferred then drizzle the lemon garlic butter sauce over the top of the scallops and serve right away.

