

SEARED SCALLOPS

SERVINGS: 2

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES



Ingredients:

- 1 pound U-10 scallops
- Freshly ground black pepper
- Salt
- 1 tablespoon avocado oil
- 1 tablespoon unsalted butter
- 3 tablespoons Lucky Lime & Sea Salt Honey
- 1 teaspoon soy sauce
- 2 teaspoons garlic powder
- Freshly chopped parsley for garnish

Directions:

1. Remove the tough, crescent-shaped muscle (the "foot") from each scallop. Place them on a plate and pat them completely dry.
2. Season both sides with salt and pepper.
3. In a small bowl, whisk together the Lucky Lime & Sea Salt Honey, soy sauce, and garlic powder. Set aside.
4. Heat oil in a large cast-iron skillet over medium-high heat. Once oil is shimmering and almost smoking, carefully add the scallops one by one, making sure not to crowd the pan.
5. Sear them undisturbed for 2 minutes, until they develop a golden-brown crust.
6. Flip scallops and immediately add butter to the pan. Spoon melted butter over the scallops for 1-2 minutes until they are opaque throughout.
7. Remove the scallops to a warm plate.
8. Pour honey-lime mixture directly into the hot skillet. Let simmer and bubble for 1-2 minutes until it thickens into a glossy glaze.
9. Toss the scallops back into the pan for 30 seconds and coat them evenly.
10. Garnish with parsley and serve immediately.



Notes:

U10 scallops, which are "under 10 per pound," are premium, extra-large sea scallops that are excellent for pan-searing or grilling because their large surface area allows them to develop a crispy, caramelized crust while maintaining a tender, sweet, and juicy interior.