



Creamy Garlic Scallops



Ingredients:

- 14 oz extra large king scallops this is about 10-12 large scallops
- ¼ tsp salt and ¼ tsp black pepper
- 1 ½ tbsp avocado oil
- 1 tbsp butter
- 2 cloves minced garlic
- ¼ tsp chili flakes (red pepper flakes)
- ⅓ cup white wine (just enough to deglaze the pan)
- ½ cup double (heavy) cream
- 1 tbsp lemon juice
- 1 tbsp capers in brine, drained
- 4 tbsp finely chopped fresh parsley

Method:

1. Take the scallops out of the fridge about 15 minutes before you want to cook them.
2. Line a tray with two layers of paper towels, and place the scallops on top and pat dry.
3. Place a fresh layer paper towels on top of the scallops and press down lightly. Leave for 10 minutes so to soak up excess moisture from the scallops.
4. Warm a plate with hot water.
5. Season the scallops on both sides with the salt and pepper.
6. Heat the oil in a large frying pan over a high heat.
7. Once the oil is shimmering hot, add the scallops to the pan. DO NOT OVERCROWD.
8. Cook for 3-4 minutes, until dark golden brown, then turn over when they 'release'.
9. Add the butter to the pan and cook for another 60 - 90 seconds, spooning the butter over the scallops as it melts and bubbles. The scallops should be lightly browned on the second side and cooked through (cutting through one, and it should be opaque throughout).
10. Turn the heat down to medium and remove the scallops from the pan onto the warm plate.
11. Add the garlic and chili flakes and cook for 30 seconds, stirring, then add the white wine.
12. 2 cloves minced garlic, ¼ tsp chili flakes, 80 ml (1/3 cup) white wine
13. Let the wine bubble for 1-2 minutes, until reduced by half.
14. Stir in the cream, lemon juice, and capers and heat through for 1 minute. Stir the parsley into the sauce, and then add the scallops back into the pan. Heat for 30 seconds or so.
15. Serve the scallops with lemon wedges and a sprinkling of black pepper.