



Lemon Caper Pan Seared Scallops



Ingredients, Lemon Caper Sauce:

- ¼ cup unsalted butter
- 4 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon pepper flakes
- 1 teaspoon lemon zest
- ⅓ cup white wine
- 1 teaspoon sugar
- 1 ½ TBLs capers, drained and rinsed
- 2 TBLs lemon juice
- 1 TBL fresh parsley, finely chopped

Ingredients, Seared Scallops:

- 1 pound sea scallops, patted dry
- ½ TBL unsalted butter
- 1 TBL olive oil
- Freshly ground sea salt
- Freshly ground black pepper

Method, Lemon Caper Sauce:

1. Melt butter in a large skillet. Continue cooking, over medium-high heat, swirling the pan occasionally, until the butter becomes a deep golden brown color.
2. Add in the garlic, salt, pepper, pepper flakes, and lemon zest and cook for 1 minute, or until the garlic is fragrant.
3. Pour in the white wine and sugar and reduce heat to medium. Simmer for 5 minutes, then toss in the capers and cook for another 2 minutes.
4. Remove from heat and stir in the lemon juice and parsley. Taste and add more salt/pepper/or sugar, to taste. Set aside until needed.

Method, Seared Scallops:

1. Remove the tiny side muscle from the scallops (if they have the). Rinse scallops with cold water and pat dry with a few sheets of paper towels. You want to make sure you get as much moisture out of them as possible. Set aside on a paper towel.
2. Add the butter and oil to a large sauté pan over high heat.



3. While the pan heats up, generously salt and pepper the scallops.
4. Once the pan begins to lightly smoke, gently add the scallops into the pan, making sure they are not touching.
5. Sear scallops for 1 ½ minutes then gently flip and cook for another 1 ½ minutes, or until both sides are golden brown. Do not touch them at all while they are searing.
6. Top with sauce and serve at once!