

# QUICK & EASY PAN SEARED SEA SCALLOPS



**TIP:** Sure, sea scallops can be expensive, but, wow, are they great for special occasions! They're mild in sea flavor, succulently sweet - and very quick & easy to make.

**Preparation Time:** 2-5 minutes

**Cooking Time:** 7-10 minutes

## Ingredients (for 2)

1/2 - 3/4 Pound of Sea Scallops

2-3 Garlic Cloves

Olive or Vegetable Oil

Balsamic Vinegar (optional, but adds zesty sweet & sour flavor)

Ground Black Pepper (optional)



## Equipment

10-12 Inch Frying Pan with Top

Spatula

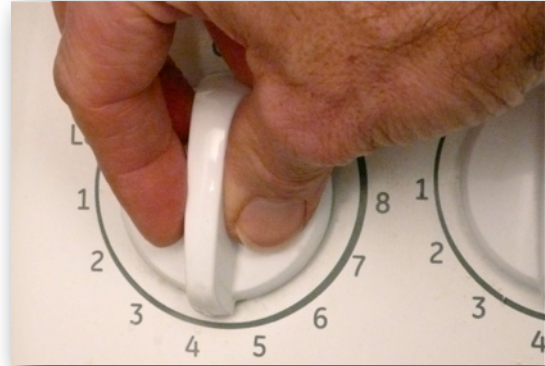
Large Sharp (Chef's) Knife

Tablespoon

Cutting Board



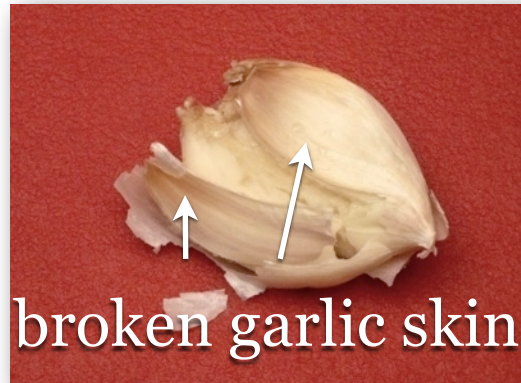
1. Put the frying on the stove, and turn on the burner to **MEDIUM** heat.



2. While the pan warms, break off **2-3 garlic cloves** from a **garlic bulb**.



Put **1 garlic clove** at a time under the flat side of wide bladed (chef's) knife, and use the heel of your hand to press down on the top flat side of the knife with enough pressure to break the **garlic clove** open to make peeling the **garlic skin** much easier.



Peel the **garlic skin**. Then slice and chop the **garlic** until it looks about as shown in the third picture below.



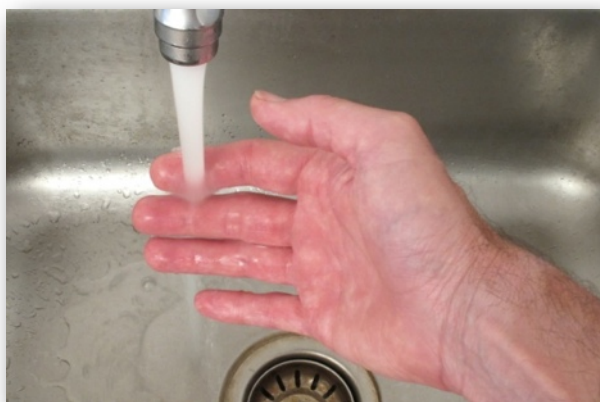
**3. Add the chopped garlic to the scallops along with a shot of both balsamic vinegar and olive (or vegetable) oil.**



Stir with a tablespoon until the scallops are coated evenly with all the added ingredients.



4. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface.



The pan is warmed to the proper cooking temperature when the water sizzles on contact with the pan surface and quickly evaporates. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used, and heat the pan again. If the water doesn't sizzle on contact, keep heating the pan until it does.)

5. Pour the **scallops** into the hot pan, spread them evenly flat side down, and cover the pan with the pan top.



6. Cook for 3-5 minutes until the **bottoms** of the scallops start to brown.



Then turn the **scallops** over, again flat side down, and cover again with the pan top.



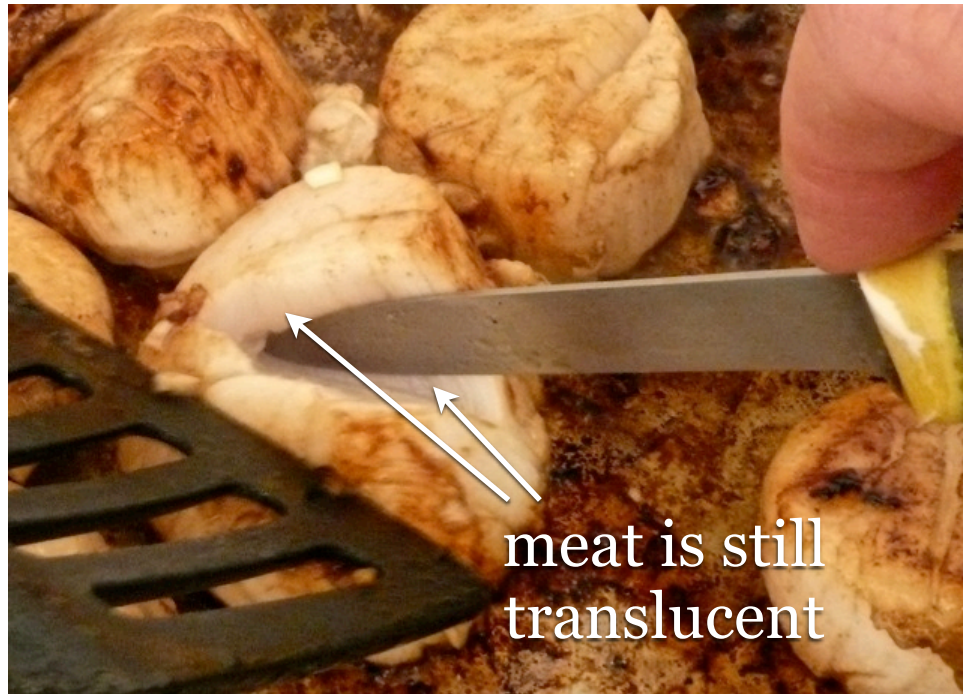
7. Cook for another 2-5 minutes, and check for doneness by cutting into the middle of **one of the biggest scallops** in the pan. **Scallops** are done when the **meat inside** is uniformly opaque as shown directly below. If, however,...



### **SAFELY COOKED SCALLOPS**

*Scallops are cooked to proper doneness when the meat inside is uniformly opaque as shown above.*

...your scallops are still translucent inside as shown below, keep cooking them in a covered pan and checking for doneness until the meat inside looks as shown in the **SAFELY COOKED SCALLOPS** picture above.



### **UNSAFELY UNDERCOOKED SCALLOPS**

*This scallop is NOT safely cooked through as the meat inside is still translucent. If your scallops look like this, keep cooking and checking for doneness until they look as shown in the DONE photo above.*

8. When the scallops are properly cooked to doneness, scoop them from the pan and serve them either as is or topped with a good crack of ground black pepper.



9. To make cleanup as easy as possible, move the pan to a cool burner for a few minutes until it is comfortably safe to touch. Then add warm tap water and a squirt of dish detergent to the pan, and let the pan sit with the spatula in it, if necessary, for at least 10 minutes. After 10 minutes,...



...finish cleaning the pan and spatula with a dish brush and/or sponge and rinse clean.



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