

Pan Seared Diver Sea Scallops

Recipe Courtesy of Chef Tre Wilcox

Ingredients

U-10 diver sea scallops -- muscles removed
low sodium salt
grapeseed oil

Method

- 1.) Heat medium size saute pan over high heat.
- 2.) Add grapeseed oil to pan, enough to cover bottom of pan.
- 3.) When oil begins to smoke, place sea scallops in the pan and sear on one side for one minute.
- 4.) Once sea scallop has nice brown color, turn over scallop and turn off the heat.
- 5.) Leave scallops in saute pan for another two minutes then serve.

Serving Size : 4