

Scallops w/Lemon Butter Caper Sauce

Makes 4 Servings

Preparation: 5 minutes, Cook Time: 10 minutes

Recipe: by Greg Strahm, The Silver Chef

All you need is 10 minutes to create this delicious, buttery dish. Can be served alone or on a bed of al dente linguine.



SCALLOPS

3 tablespoons butter

1 1/2 sea scallops

1 cup flour

salt and freshly ground black pepper, to taste

LEMON BUTTER SAUCE

4 tablespoons butter

3 large cloves garlic, finely minced

2 lemons, zested and uiced

2 tablespoons capers, drained

salt and freshly ground black pepper, to taste

3 tablespoons fresh flat leaf parsley, chopped

2 tablespoons capers, drained

SCALLOPS

- 1) Rinse scallops with cold water and thoroughly pat dry.
- 2) Melt 3 tablespoons butter in a large skillet over medium high heat.
- 3) Dredge scallops in flour and pat excess flour off. Season scallops with salt and pepper, to taste.
- 4) Add scallops to the skillet in a single layer. Season with salt and pepper. Saute scallops, flipping once, until golden brown, about 2 - 3 minutes per side. Do not over cook. Remove scallops to a plate and set aside and keep warm.

LEMON BUTTER SAUCE

- 1) Melt 4 tablespoons butter in the skillet.
- 2) Add garlic and cook, stirring frequently, until fragrant, about 1 minute.
- 3) Whisk in lemon juice, and a heavy pinch of the lemon zest, and capers. Season with salt and pepper, to taste. Capers are salty, so be careful not to over salt.
- 4) Serve scallops immediately with lemon butter sauce, garnished with freshly chopped parsley and a pinch of remaining lemon zest.