

Pan-Seared Scallops

The following recipe was provided by local blogger Abby Thome of [The Thome Home](#).

Tools

- 2 kitchen towels
- 1 baking dish
- Sauté pan

Ingredients

- Fresh scallops
- Kosher salt and pepper
- 1 Tbsp. of butter
- 2 Tbsp. avocado oil (or Extra Virgin Olive Oil)



Directions

1. Take two kitchen towels, lay one flat, and place all of the scallops onto the towel. Place the second towel on top and let all excess moisture be absorbed. You want your scallops nice and dry before you pan-sear them so that they get a golden crust.
2. Once your scallops are dry, it is time to get ready to cook! This process moves swiftly, so it is best to have a station set up with everything you need to cook scallops successfully!
3. Place your scallops onto a small baking sheet, season generously with kosher salt and pepper on both sides.
4. Have a tablespoon of unsalted butter per 5 scallops ready to go on your baking dish.
5. In a sauté pan, over medium-high heat, pour in two tablespoons of avocado oil. Let the sauté pan and oil heat until it is nice and hot!
6. Using tongs, place 5-6 scallops into the hot pan. **DO NOT MOVE THEM!** Let the scallops sear for 2-3 minutes on one side. Once 3 minutes is up, flip the scallops to cook the other side for another 90 seconds.
7. Once scallops are cooked through (less than 5-6 minutes total,) push scallops to one side of the pan, add the tablespoon of butter to the other side of the pan to melt. Take a spoon, and baste the melted butter over the seared scallops for an additional minute.
8. That is it! Remove the scallops from heat, and enjoy with your pairings of choice.