



Pan Seared Scallops

Cook's Illustrated

CI says "We strongly recommend purchasing "dry" scallops (those without chemical additives). If you can only find "wet" scallops, soak them in a solution of 1 quart cold water, 1/4 cup lemon juice, and 2 tablespoons table salt for 30 minutes before proceeding with Step 1. In Step 2, season with pepper only. If you are unsure whether your scallops are wet or dry, place 1 scallop on a paper towel lined, microwave safe plate and microwave on high for 15 seconds. If the scallop is "dry", it will exude very little water. If it is "wet", there will be a sizeable ring of moisture on the paper towel. The microwaved scallop can be cooked as is."

- 1 1/2 pounds dry sea scallops, 10 to 12 per pound, small side muscles removed
- salt and pepper
- 2 tablespoons vegetable oil
- 2 tablespoons butter

Place scallops on rimmed baking sheet lined with a clean kitchen towel. Place a second clean towel on top and gently press to blot liquid. Let scallops sit for 10 minutes at room temperature while the towels absorb excess moisture.

Sprinkle scallops on both sides with salt and pepper. Heat 1 tablespoon oil in a 12 inch, nonstick skillet over high heat until just smoking. Add half of the scallops in a single layer and cook for 1 1/2 to 2 minutes without moving until well browned.

Add 1 tablespoon butter to the skillet. Carefully flip scallops and continue to cook. Tilt the skillet so that the butter collects on one side and use a large spoon to baste the scallops with melted butter. Cook 30 to 90 seconds more until the sides of the scallops are firm and the centers are opaque. Remove smaller scallops from the pan as they finish cooking, transfer to a large plate, and tent loosely with foil. Wipe out skillet with a wad of paper towels and repeat cooking with remaining oil, scallops, and butter. Serve immediately with lemon wedges or sauce.