

Sea Scallops with Brown Butter, Shallots & Capers

Ingredients

- 12 fresh sea scallops
- Sea salt
- freshly ground black pepper
- ¼ cup olive oil
- 3 Tbsp unsalted butter
- 1 Tbsp finely chopped shallot
- 2 Tbsp capers, rinsed of excess salt
- Juice of half a lemon



Preparation

1. Pat scallops dry with paper towels, and season lightly with salt and pepper
2. Heat a large sauté pan or nonreactive skillet over medium-high heat, and add oil
3. After 30 seconds, add scallops; do not crowd pan, work in batches if necessary
4. Sauté until well browned, about 2 minutes, then turn and cook other side
5. When second side is dark golden, transfer scallops to a platter; cover and keep warm
6. Return sauté pan to heat, add butter, and cook until it begins to foam and turn golden
7. Add shallot and capers, sauté for 1 minute, then add lemon juice
8. To serve, place scallops on warmed plates
9. Spoon butter, shallots and capers over scallops, and serve