



# Pan Seared Scallops with Lemon Caper Sauce

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Categories: Main Dish - Seafood

Servings: 2

Description: An elegant yet easy dish that is perfect for special occasions or any day of the week. The caramelized scallops and the delicious sauce is made all in one pan.

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

Serving Ideas: Serve on a bed of Napa Cabbage threads with pansy blossoms

## Ingredients

10 lg Sea Scallops, 1½ inches wide  
3 T Olive Oil  
1 T unsalted Butter  
1 T minced Garlic  
1 c White Wine, Pinot Grigio or Chardonnay  
1 c unsalted Chicken Stock  
1 t Lemon Zest  
2 T fresh Lemon Juice  
2 T Capers, rinsed  
1 T Dijon Mustard  
fresh ground Tellicherry Black Pepper, for seasoning  
1 T fresh chopped Dill  
2 t fresh chopped Chives  
6 Lemon wedges  
Napa cabbage thinly sliced

## Directions

- 1) Allow rinsed scallops to sit for 10 minutes at room temperature before cooking.
- 2) In a 12-inch cast iron skillet, heat olive oil over medium-high heat until oil ripples and just begins to smoke. Sprinkle scallops lightly with salt on both sides. Place scallops into the hot pan without crowding. Gently press scallops with a spatula to make direct contact with the pan.
- 3) Sear scallops without moving them, continuing to cook until bottoms are a rich golden brown, 3 to 3½ minutes. Add butter to the pan. Turn the scallops over and cook the second side. Use a spoon to baste the scallops with the butter, tilting the pan to collect the butter as needed.
- 4) When the scallops are opaque in color and firm to the touch, about 1 to 2 minutes, turn off heat and transfer to a plate, do not discard pan.
- 5) In the same pan used for cooking the scallops turn heat to medium. Add garlic and cook for 1 minute, until fragrant but not browned. Increase heat to medium-high and add wine. Simmer wine, stirring as needed until the wine is reduced by half, about 3 minutes.
- 6) Turn heat to high and add the chicken stock, lemon zest, lemon juice and capers to the pan. Cook until sauce is reduced by half, about ½ cup, 8 to 10 minutes. Turn off heat and whisk in Dijon mustard.
- 7) Turn heat to medium and add scallops back to pan, cook until warm, 2 minutes.
- 8) Taste sauce and season with salt and pepper as needed. Place the scallops on a bed of the Napa Cabbage. Garnish scallops with chopped dill, chives and serve immediately with lemon wedges.