



## How to Pan Sear Scallops

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*Pan searing sea scallops is a quick and easy preparation method if you remember a few key things:*

- 1) **The bigger the better.** Scallops ideal for searing should be between the size of a ping pong ball and a golf ball.
- 2) **“Dry” sea scallops are a must.** Some sea scallops are soaked in liquid and preservatives which make them look bigger and whiter. These are referred to as “wet” sea scallops and are typically found in grocery stores (*Burke’s only carries “dry”, untreated scallops*). Too much liquid in the scallop will cause it to boil rather than sear so make sure you use “dry” scallops
- 3) **Even “dry” scallops need to be dried.** Rinse the scallops in a colander and if necessary, remove the small tough muscle found on the side of scallop. Pat the scallops dry with paper towels until they are dry to the touch. Sprinkle kosher salt and fresh ground pepper liberally on both sides of the scallops
- 4) **The right cooking oil is important.** Searing requires the highest heat possible and not all cooking oils can withstand high heat. Use oil with a high “smoke point” such as grape seed oil, vegetable oil or clarified butter. Heat a large skillet over high heat and add enough oil to coat the entire cooking surface. Just as the oil begins to smoke, add the scallops flat side down to the pan and cook for 1-2 minutes
- 5) **Don’t Peek!** Resist the temptation to check the scallops or move them around the pan which prevents them from forming the golden brown crust that you want. After the crust has formed, flip them with a pair of tongs and cook for another minute or two (see point #7 below)
- 6) **Don’t overcrowd the skillet.** Leave enough space between each scallop so that heat can escape; adding too many scallops will actually lower the temperature of the cooking surface
- 7) **Don’t Overcook.** The scallops will continue to cook when you remove them from the skillet. They should be springy to the touch and their centers should still be translucent when you remove them from the pan