Garlic Scallops

written by The Recipe Exchange | April 12, 2016

Ingredients

1 lb scallops
1 tablespoon olive oil
2 tablespoons melted butter
3 cloves garlic, minced
1/4 cup white wine
Pinch of cayenne pepper
Pinch of salt
3 dashes ground black pepper
1 tablespoon chopped Italian parsley leaves

Directions

Rinse the scallops with cold water and remove the tough ligament from the side of the scallops. Pat dry with paper towels.

Heat up a skillet (cast-iron preferred) on medium to high heat. When it’s fully heated, add the olive oil and butter. Saute the garlic for a little bit and add the scallops, pan-sear until both surfaces turn brown. Add the white wine, cayenne pepper, salt and black pepper. Bring it to a light simmer or until the inside of the scallops are cooked through. Turn off heat and serve immediately.