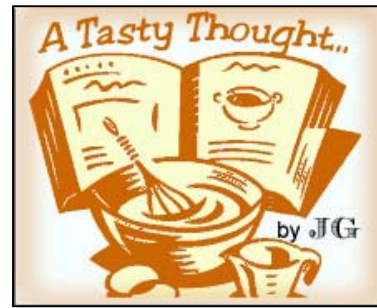


## A Recipe compliments of



TRIM ON DOTTED LINE AND  
FOLD FOR RECIPE CARD

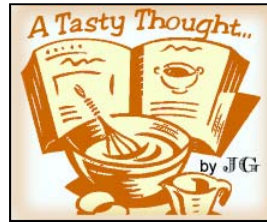
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### PAN SEARED SCALLOPS

Serves two people

#### Ingredients

- 1 – 2 tablespoons olive oil (extra virgin)
- 1 lb. sea scallops (can be about 10 large ones)
- ¼ teaspoon black pepper
- ½ cup flour
- sprinkle of Paprika (to taste)
- 1 tablespoon olive oil



#### Method

1. Combine all dry ingredients in small bowl.
2. Wash scallops in cold water by placing in a bowl and rinsing, drain.
3. Coat scallops in flour mixture and place on a plate.
4. Put olive oil in medium skillet or saute pan over medium/high heat. (I used non-stick.) Heat until hot but not quite smoking. Turn off heat and add the scallops to the pan. Turn on heat and sear for 2½ minutes on the first side.
5. Then add extra olive oil to the pan.
6. Turn the scallops over and continue to cook for about 2½ minutes on the second side, or until golden brown and just cooked through.
7. Cut one with a knife and see if done. If not, then turn over and saute for another 30 seconds.

Yummy!

JG

