HOW TO MAKE SEARED SCALLOPS WITH LEMON BROWN BUTTER AND CAPERS

There are few things more elegant than a properly seared scallop — golden and caramelized on the outside, sweet and barely set in the center. The lemon brown butter brings a nutty richness that bridges beautifully to a crisp Chardonnay or aromatic Traminette. This is a ten-minute dish that looks like you spent an hour.

Gluten-Free | Nut-Free



PREP	COOK	TOTAL	SERVINGS
10 min	8 min	18 min	2

Ingredients

- 8 large dry-packed sea scallops (U-10 size if possible)
- Kosher salt and white pepper
- 1 tablespoon high-smoke-point oil (grapeseed or avocado)
- 3 tablespoons unsalted butter
- 2 tablespoons capers, drained and patted dry
- Juice of 1 lemon
- 1 tablespoon finely chopped flat-leaf parsley
- Flaky sea salt for finishing

The Gluten-Free and Nut-Free labels reflect the ingredients specified in this recipe. This is an ingredient-based description, not verification or certification of the prepared dish. Product brands, substitutions, and preparation practices can affect suitability. Before serving anyone with a food allergy or celiac disease, check packaged ingredient labels and supplier information, and prevent cross-contact with peanuts, tree nuts, and gluten-containing grains. Other allergens may still be present.

Directions

1. Remove the small side muscle from each scallop if still attached — it's tough and chewy. Pat the scallops completely dry with paper towels. I cannot stress this enough: wet scallops will steam, not sear. Season one side with salt and white pepper.
2. Heat a stainless steel or cast-iron skillet over high heat until a drop of water evaporates on contact. Add the oil, swirl to coat, and lay the scallops seasoned-side down in a clockwise pattern so you remember the order.
3. Do not move them. Let them sear undisturbed for 2 minutes until a deep golden crust forms — you'll see the color creeping up the sides. Season the top, then flip in the same order you placed them.
4. Sear the second side for 90 seconds. The center should be translucent and just barely warm — they'll carry over. Transfer immediately to a warm plate.
5. Reduce heat to medium. Add the butter to the same pan. Swirl as it melts and foams — watch it carefully. When the milk solids turn a toasty amber and the kitchen smells like hazelnuts, you're there.
6. Toss in the capers — they'll crackle and pop in the brown butter, which is exactly what you want. After 20 seconds, remove the pan from heat, squeeze in the lemon juice (it will sputter), and stir in the parsley.
7. Spoon the brown butter and capers over the scallops. Finish with flaky sea salt and serve immediately — these wait for no one. A glass of cold Chardonnay alongside is not optional.

Perfect Wine Pairings

Pairs beautifully with Dry Riesling, Chardonnay, or crisp dry whites.

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