

Recipe from the York Harbor Inn Kitchen

Gerald Bonsey, CEC, AAC, York Harbor Inn Executive Chef

Pan Seared Scallops, Lemon Thyme Beurre Blanc

Yield: 4 Entrée Portions

Ingredients: Amounts:

Sea Scallops 24 ounces

Olive Oil 2 Tbsp

Salt 1 tsp

Fresh Ground Black Pepper 1 tsp

Shallots, minced 2 Tbsp

White Wine 1 ½ cups

Fresh Thyme, chopped 2 Tbsp

Lemon Juice 2 Tbsp

Whole Butter, cubed 2 ounces

Method:

Dry scallops on a paper towel.

Season scallops with salt, black pepper and 1 Tbsp thyme.

Heat oil in large sauté pan, until it just starts to smoke.

Carefully lay scallops in pan, with the flat side down, in a single layer.

Sauté over medium-high heat for approximately 3 minutes, to lightly brown.

Turn scallops and cook for 3 minutes more, until scallops are nearly cooked through. Remove scallops and reserve warm.

Add shallots to pan and cook briefly, do not brown.

Deglaze pan with wine, scrap up all the browned bits of food in the pan.

(this is the cooked liquid and bits of the scallops, which is rich and flavorful)

Add the remaining thyme and lemon juice to the pan, and reduce the liquid by half.

Add the reserved scallops, any accumulated juice from the scallops, and the whole butter, to the pan.

Swirl the pan to heat the scallops and to melt the butter, serve immediately.

The butter will thicken the sauce and give it a rich flavor and glossy sheen.

Serve with rice or buttered pasta or on a bed of julienne vegetables.

Bonsey's Tips: This pan sauce recipe is made to order. Once the butter melts, do not boil the sauce or it may break. If it breaks, add a touch of white wine and stir. The sauce must be served immediately. Request only large, dry scallops from your seafood monger. Diver scallops or day boat scallops are preferred.