



*Absolutely monkey proof and  
one of the best recipes you'll  
ever use for scallops*

### *Sautéed Scallops ala Landon*

#### Ingredients:

1# sea scallops directly from their containers so their liquid will help the breader adhere

All-purpose flour or breadcrumbs seasoned with salt and pepper – Old Bay Seasoning is also good in place of the salt.

3 T. Olive oil, preferably unfiltered, but don't let that regular kind keep you from eating this dish tonight.

2 T. Butter

1 T. Lemon Zest (optional)

Sprinkle scallops lightly with salt and pepper, roll in flour or crumbs. Heat oil in large skillet over high heat (almost smoking).

Add scallops and sauté until deep brown, 3 minutes per side for large scallops, less for smaller. (Set a Timer.) Overcooked scallops are like pencil erasers and these things cost too much to allow any distractions to cause overcooking.

#### Preparation:

Transfer scallops to a platter with tongs. (Use your fingers, I don't care, but these things are "hot".)

Add butter to skillet and cook until golden scraping up browned bits and spoon over scallops.

Sprinkle a little lemon zest on top before serving.

Serves 4. (You might want to get 1 ½ pounds of scallops next time to serve four.)  
Suggestions: Make your own dried-bread crumbs by drying several slices of low-carb bread in a 200-degree oven for an hour. Do more than you need for this recipe and store the remainder in a ziplock-type bag in the fridge for other sautéed foods. Fresh breadcrumbs are also wonderful. Cut the crust off several slices of bread and throw the insides into a food processor. Use the pulse button until the bread is turned into crumbs. Make extra and store in your freezer for next recipe.