

Seared Scallops in Curry Butter

Serves 4 : ~30 minutes : recipe by Molly Baz

*I cut this recipe in half to feed two, it was perfect for dinner when served with bread.

Ingredients:

- 12oz sungold or cherry tomatoes
- 1 medium shallot
- 2 limes
- 2 ears of corn
- 2 garlic cloves
- ½ cup cilantro leaves
- 3 tbsp butter
- 16 (size U10 or U20) dry-packed sea scallops
- kosher salt
- 3 tbsp neutral, high heat oil (I used avocado oil)
- 1 tbsp curry powder
- a baguette (or two) for serving

Instructions:

Prep the veg:

- Cut tomatoes in half; place in a medium bowl.
- Thinly slice 1 medium shallot crosswise into rings.
- Add the shallot rings & the juice of 1 lime to the tomatoes & gently stir to combine. Season with ½ tsp salt.
- Shuck 2 ears of corn & cut off the kernels; discard the cobs.
- Thinly slice 2 garlic cloves.
- Cut a second lime into 4 wedges for serving.

Cook the scallops:

- In a 12-inch cast-iron skillet, heat 3 tbsp high heat oil over medium-high heat just until it begins to give off wisps of smoke.
- This will take 3 to 4 minutes, so don't rush it because super-hot oil is the key to restaurant-worthy scallops with a golden brown crust.

- Pat scallops dry* with paper towels & season all over with 1½ tsp salt.
- Using tongs, arrange the scallops in a single layer in the pan (be careful, they may sputter a bit).
- Cook, undisturbed, to establish a good crust, rotating the skillet 90 degrees on the burner every minute or so to encourage even browning, 3-4 minutes total.
- Take a peek at the bottom of the scallops & flip them when they're looking nice & golden brown.
- Quickly add 3 tbsps unsalted butter & 1 tbsps curry powder to the skillet.
- Using a large spoon, baste the scallops with the melted butter for 1 minute longer, so they get coated in nutty, curried, buttery deliciousness.
- Turn off the heat & transfer the scallops to a plate, leaving the butter in the skillet.

Cook the veg:

- Add the corn & garlic to the skillet & return the pan to medium heat.
- Cook, stirring often, until the corn is bright yellow & just cooked through & the garlic is softened but not browned, 1 to 2 minutes.
- Remove the skillet from the heat, stir in the marinated tomatoes & shallots, & season with salt.

Serve:

- Arrange 4 scallops on each plate. Spoon the corn, tomatoes, & all the tomato juices over top, leaving no butter or juices behind! Top with ½ cup cilantro leaves & serve with the lime wedges alongside.
 - Eat with BREAD.
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recipe notes:

- The key to browning any meat, especially scallops is to make sure the skillet is hot & the scallops are dry. So don't rush or skip any steps, it's so worth it.
- Just a note to say the details of this recipe are perfect. From the sungolds to the curry butter to the lime juice. Every flavor complimented each other so well.

what I learned from this recipe:

- I mean, I learned a fantastic method for searing scallops. I think this is a great recipe for people who haven't cooked them before. Easy to follow with a great result!
- I also don't often cook with a full ear of corn so it was interesting to know that you can throw raw corn kernels in a skillet for a couple of minutes & it's fully cooked in no time.