

Larry's Scallops

Recipe by Liz the Chef

When my husband and I were first dating, we spent our weekends working on my 80-year old Craftsman bungalow. Larry made friends at the local hardware store and took on all sorts of handyman projects. I spent most of my time in the kitchen, preparing something tasty as a reward for his hard day's work.

These scallops were an instant hit one Saturday night. It took me almost fourteen years of making this quick and easy dish to actually write out a recipe. I tested it out this past weekend and Larry gave it his usual "double thumbs up". Shop at your favorite seafood market and use good sherry in the sauce.

Note: my scallops were dry-packed from the East Coast with muscle pre-trimmed.

Serves two, generously

- 1 pound sea scallops
- generous squeeze of Meyer lemon juice
- sea salt and ground white pepper, to taste
- 4 tablespoons unsalted butter, divided use
- 2 tablespoons unbleached flour
- 3/4 cups homemade chicken stock
- 1/4 cup dry sherry
- 1/4 cup freshly/finely grated parmesan
- 1/2 teaspoon grated Meyer lemon zest
- 2 tablespoons chopped flat leaf parsley

1. Zest the lemon and set aside.

2. Cut scallops horizontally.

3. Heat 2 tablespoons butter in large skillet over medium heat. Sauté scallops for one minute per side, seasoning with salt and pepper. Remove to a dish, squeeze with lemon juice and cover.

4. Heat remaining 2 tablespoons butter in same skillet. Heat stock for one minute in microwave. Add flour to hot butter and cook, stirring, for a minute or so. Whisk in hot stock. Mixture will thicken quickly.

5. Add sherry and parmesan to sauce, stirring, then return scallops and their juices to skillet. Cook over very low heat for 2-3 minutes. Garnish with zest and parsley.