

# Scallops

Scallops – fresh, dry pack  
Salt & pepper to taste  
Grapeseed Oil or another high heat oil  
Butter



Five steps to perfectly prepare your Chula Seafood Scallops 🍷👩🍳.

1. Pre-heat your skillet or pan on high heat.
2. Pat dry your scallops & season to your liking.
3. Add high smoking-point oil, we like grape seed oil.
4. Evenly spread in the pan. Sear 90 seconds one side.
5. Flip. Drop a dabble of butter + sear another 90 seconds

Voila - perfectly seared sea marshmallows 🍷🐟

– Amanda Cheflin – [www.chulaseafood.com/recipes](http://www.chulaseafood.com/recipes)